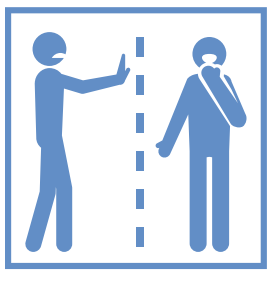
Protect yourself from COVID-19 and stop the spread of germs.

Simple steps help stop the spread of COVID-19 and other viruses:

Wash your hands often with soap and water **for at least 20 seconds**, especially before eating.



Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth.

Stay home when you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Stay up to date by visiting
www.ny.gov/coronavirus

NEW YORK STATE | Department of Health