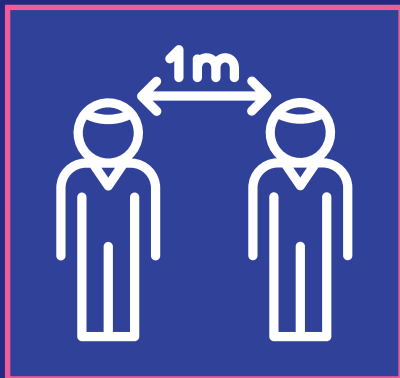


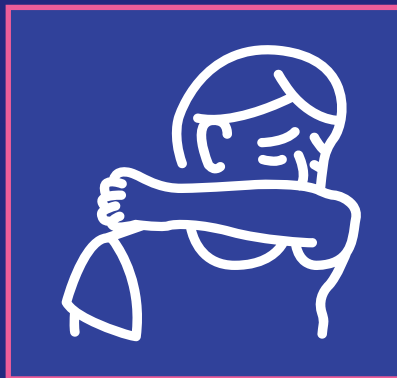
# COVID-19

## YOU CAN STOP THE SPREAD!

Prevention is the best approach—the virus can spread even without symptoms. By following these guidelines from the World Health Organization (WHO), we can help protect ourselves, our families, and our communities.



**KEEP A ONE-METER  
DISTANCE FROM  
NEIGHBORS IN CROWDS**



**CONTAIN COUGHS AND  
SNEEZES IN TISSUES OR  
YOUR ELBOW**



**AVOID SHAKING  
HANDS OR HUGGING—TRY  
A WAVE INSTEAD!**



**WASH HANDS WITH SOAP  
FREQUENTLY FOR 40-60  
SECONDS AT A MINIMUM**



**USE HAND SANITIZER  
AT 70% ALCOHOL  
OR HIGHER**



**DO NOT ATTEND  
UNNECESSARY  
GATHERINGS**



**TRY NOT TO TOUCH  
YOUR FACE, INCLUDING  
NOSE, MOUTH, EYES**



**FREQUENTLY CLEAN  
HI-TOUCH AREAS LIKE  
DOORKNOBS, FAUCETS,  
AND TOYS, ETC**



**IF YOU FEEL SICK, STAY  
HOME AND CONTACT A  
HEALTH WORKER!**