

STOP THE SPREAD OF CORONAVIRUS

Wash your hands often with soap and water for at least 20 seconds!

Wash your hands often with soap and water for at least 20 seconds. This means you should scrub your hands with the palm of one hand rubbing the back of the other hand, the back of your hand rubbing the palm of the other hand, interlocking fingers, and rubbing the thumb against the palm of the other hand. Use soap and water for at least 20 seconds. If you don't have soap and water, use hand sanitizer.



People with symptoms should stay home and avoid contact with others. Avoid close contact with people who have symptoms. Avoid crowded places and public transport. Avoid touching your face. Avoid sharing personal items.



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