



## REDUCE THE RISK OF COVID-19

**Wash your hands often with soap and running water.**



**Avoid touching your eyes, nose or mouth.**



**Avoid close contact with people who are sick. Open windows for fresh air.**



**Stay home from work, school and public places when you are sick.**



**Cover your mouth and nose when coughing or sneezing. Cough and sneeze into your sleeve or use a tissue.**



**Practice good health habits. Eat nutritious food, exercise, and get plenty of sleep.**

