



HOW TO PREVENT COVID-19 CORONAVIRUS



Clean your hands frequently with soap and water. Remember to always do this before handling food or eating.



Keep six feet away from other people if you have a cough or fever. Avoid close contact with people who have these symptoms.



Cover your nose and mouth when you cough or sneeze, with your arm bent or with a tissue, and then wash your hands.

AND MOST OF ALL...



- * Information
- * Common sense
- * Stay calm



If you have **traveled** to one of the **quarantine areas** and have symptoms such as cough, fever or shortness of breath, contact your physician.