



Coronavirus Prevention Guidelines

Reduce Your Risk of Getting the Coronavirus	
	Cover your mouth and nose with a tissue, sleeve or elbow when coughing and sneezing. If you are sick, stay home.
	Clean hands with soap and water often! It is recommended that you wash your hands for at least 20 seconds to remove germs. You can also use hand sanitizer.
	Avoid close contact with anyone that seems to have a cold or the flu.
	Clean and disinfect frequently touched objects and surfaces often. This includes phones, desks, tables, remote controls, etc.
	If you use tissues, throw them in a trashcan with a lid immediately after use. This helps prevent the spread of germs.

Additional information about the Coronavirus and how to prevent it can be found online at <https://www.cdc.gov/>.