

# STOP THE SPREAD OF GERMS

Take steps to prevent the spread of viruses like COVID-19:

## Wash Hands

Regularly, with soap and water for 20 seconds



## Keep Distance

6 feet from others, and avoid touching



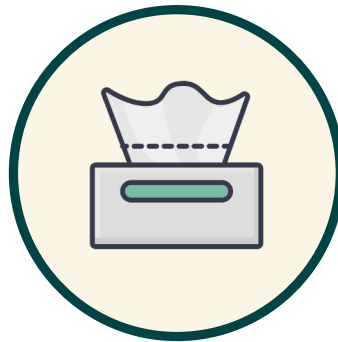
## Stay Home

If you experience any symptoms



## Wipe Equipment

before and after use



Contact your health care provider if you experience fever, cough, fatigue or shortness of breath.

To learn more about these and other recommendations, visit [cdc.gov/COVID19](https://www.cdc.gov/COVID19)