

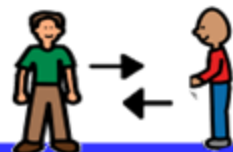
# How to Help Everyone Stay Healthy

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If you are sick, stay home and rest.



Avoid being close to people.



Wear a mask if you are coughing, sneezing  
or have a fever.



Don't touch your eyes, nose or mouth.



Cover your cough or sneeze with a tissue,  
then throw the tissue in the trash.



Wash your hands many times a day.



Clean surfaces and objects  
that are touched frequently.



Use hand sanitizer  
IF soap and water are not available.

