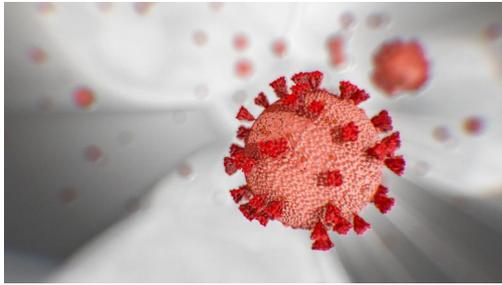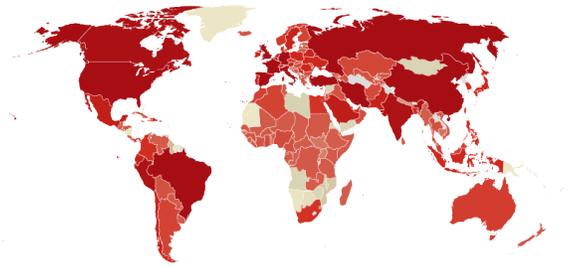# Protect yourself from COVID-19

COVID-19 Virus

Pandemic

Shelter in Place = Stay Home

Don't touch your face

Don't touch your eyes, nose, mouth

Cough and sneeze into your elbow

Sneeze or blow your nose into a tissue

Throw tissue into garbage

Wash your hands for 20 seconds

Disinfect high-touch areas