Don’t be scared, be prepared! Help prevent the spread of respiratory diseases like COVID-19.

**WASH YOUR HANDS!**

- Water and soap
- Foam or dry hand sanitizer
- Rub hands together
- Wash hands between tasks
- Rinse hands

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand-sanitizer containing at least 60% alcohol. Thorough cleaning with soap and water will remove most microorganisms.

**Avoid touching your mouth, nose, and eyes with unwashed hands.**

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

**Clean and disinfect frequently touched objects and surfaces including: desks, tables, countertops, sinks, door handles, faucets, railings, phones, bathrooms and rooms.**

Cleaning removes germs from surfaces, while disinfecting kills germs on surfaces. Use alcohol-based products to disinfect surfaces.

**Stay home when you are sick, except to get medical care. Call your doctor before going in to get checked so they are aware of your condition.**

Avoid close contact with people who are sick. If a family member is sick, place them in a separate room and bathroom if possible.

**Remember to stay calm and practice good hygiene. Reach out to your local health department or medical provider with any questions.**

For more information please visit: [http://dpbh.nv.gov/coronavirus/](http://dpbh.nv.gov/coronavirus/)