

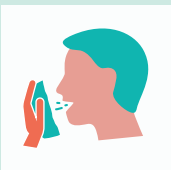
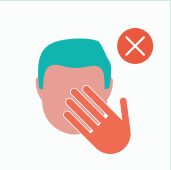


Slow the Spread of COVID-19 and Protect Yourself and Others



Practice Social Distancing

- Stay at home as much as possible
- Do not go out between 9pm and 6am daily, except if you are an essential worker
- Put 6 feet between yourself and others
- Do not gather in groups of 10 or more
- Avoid unnecessary appointments



Practice Good Hygiene

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose and mouth
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands. Or cough or sneeze into your inner elbow
- Clean and disinfect frequently touched objects and surfaces



Wear a Face Covering

- Wear a face covering when you leave your home.
- If you are sick, wear a face covering inside if you cannot stay 6 feet apart from others
- If you are sick and need to leave home, such as to get urgent medical care, always wear a face covering

Practice social distancing to slow the spread of COVID-19 and save lives.
For more information, visit www.bphc.org