KNOW THE 5 STEPS TO SLOW THE SPREAD

For more information on COVID-19 testing and support services call 1-800-901-5541

1. Wear a Mask
   Wear a mask correctly when you’re in public.

2. Keep Social Distance
   Stay 6 FT apart, social distancing reduces spread of virus.

3. Wash your Hands
   Wash your hands thoroughly for 20 seconds.

4. Clean and Disinfect
   Clean frequently touched surfaces daily.

5. Stay Home if you’re Sick
   Monitor your health daily. Staying home saves lives.
WEAR A MASK
STOP THE SPREAD.
WASH YOUR HANDS FOR 20 SECONDS.
KEEP SOCIAL DISTANCE

STOP THE SPREAD.

6 FT. APART
CLEAN AND DISINFECT

STOP THE SPREAD.
STAY HOME IF YOU’RE SICK
STOP THE SPREAD.
100°
KNOW THE 5 STEPS TO SLOW THE SPREAD

For more information on COVID-19 testing and support services call 1-800-901-5541

1. Wear a Mask
   Wear a mask correctly when you’re in public.

2. Keep Social Distance
   Stay 6 FT apart, social distancing reduces spread of virus.

3. Wash your Hands
   Wash your hands thoroughly for 20 seconds.

4. Clean and Disinfect
   Clean frequently touched surfaces daily.

5. Stay Home if you’re Sick
   Monitor your health daily. Staying home saves lives.
KNOW THE 5 STEPS TO SLOW THE SPREAD

1. Wear a Mask
   Wear a mask correctly when you’re in public.

2. Keep Social Distance
   Stay 6 FT apart for social distancing.

3. Wash your Hands
   Wash your hands thoroughly for 20 seconds.

4. Clean and Disinfect
   Clean frequently touched surfaces daily.

5. Stay Home if you’re Sick
   Monitor your health daily. Staying home saves lives.

The Power is in Your Hands
KNOW THE 5 STEPS
To Slow the Spread of COVID-19

1. Wear a Mask
Wear a mask correctly when you’re in public.

2. Keep Physical Distance
Stay 6 FT. apart, physical distancing reduces spread of virus.

3. Wash your Hands
Wash your hands thoroughly for 20 seconds.

4. Clean and Disinfect
Clean frequently touched surfaces daily.

5. Stay Home if you’re Sick
Monitor your health daily. Staying home saves lives.

For more information on COVID-19 testing and support services call 1-800-901-5541