

STOP the SPREAD!

COVID 19

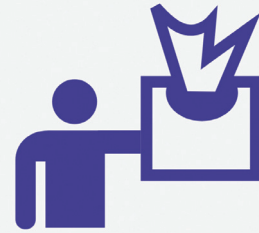
Top 8 Ways to Stay Healthy and Stop the Spread.



Wash your hands regularly for at least 20 seconds



Cover your mouth when coughing or sneezing



Use tissues and dispose immediately after use



Avoid touching your face

Get Your COVID-19 Vaccine



Stay in your apartment when sick



All are encouraged to wear a mask at all times



Sanitize hands after touching high contact surfaces