Protect yourself from COVID-19 and stop the spread of germs.

Simple steps help stop the spread of COVID-19 and other viruses:

- **Wash your hands** often with soap and water **for at least 20 seconds**, especially before eating.

- **Avoid close contact** with people who are sick.

- **Avoid touching** your eyes, nose, and mouth.

- **Stay home** when you are sick.

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

- **Clean and disinfect** frequently touched objects and surfaces.

Stay up to date by visiting [www.ny.gov/coronavirus](http://www.ny.gov/coronavirus)
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