# STOP COVID-19



#### WASH YOUR HANDS FREQUENTLY

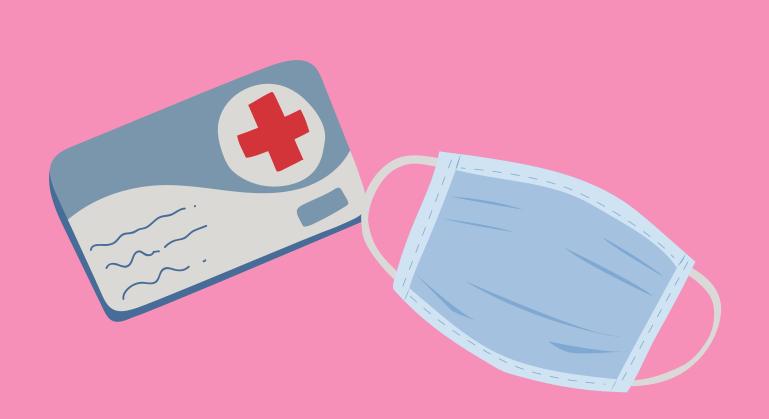
You should wash your hands for between 20-30 seconds to get the germs off.

## MAINTAIN PHYSICAL DISTANCING

1M/3FT

Stay at least 3 feet away from everyone while out of the house to stop the spread!





## AVOID TOUCHING EYES, NOSE AND MOUTH Try to stay away from touching your face because you're getting all the germs on you.

#### SEEK MEDICAL CARE EARLY

Don't wait to the last minute. If you start to not feel well, go to your nearest spot for testing COVID-19

Source: World Health Organization