

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



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



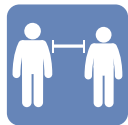
**Avoid close contact** with people who are sick and stay home if you are sick.



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



**Stay home** as much as possible. **Everyone** – even young people and those who feel well.



If you must go out, **stay at least 6 feet away** from others.



**You must wear a face mask or face covering in public** when social distancing (staying 6 feet apart) is not possible, especially on public transport, in stores and on crowded sidewalks.



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



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

**Stay Home. Stay Safe. Save Lives.**  
[www.ny.gov/coronavirus](http://www.ny.gov/coronavirus)