



# Worried about **CORONAVIRUS (COVID-19)?**

## **YOU CAN PREVENT THE SPREAD OF COVID-19!**

- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue, then throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds — especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean frequently touched surfaces and objects daily.

Learn more at [tanner.org/coronavirus](https://tanner.org/coronavirus).

