

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

## Simple steps to 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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