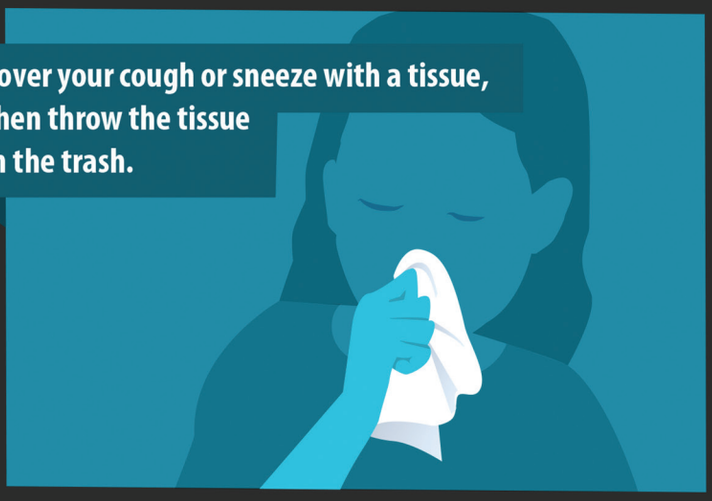
# STOP THE SPREAD OF GERMS

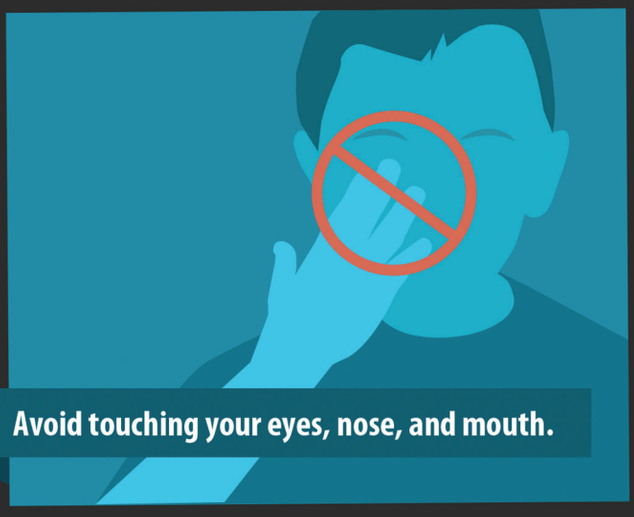
## Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



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





Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.





Wash your hands often with soap and water for at least 20 seconds.

cdc.gov/COVID19

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