

# You Have the Power to COVID-19

- Wash hands often with soap and water, or use hand sanitizer
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Stay home when you're sick
- Cover your coughs and sneezes with a tissue, and then throw the tissue in the trash
- Frequently clean and disinfect surfaces and objects



**Sound simple? It is! And it really works!**