



# KNOW THE 5 STEPS TO SLOW THE SPREAD

For more information on COVID-19 testing  
and support services call 1-800-901-5541



## 1. Wear a Mask

Wear a mask correctly when you're in public.



## 2. Keep Social Distance

Stay 6 FT apart, social distancing reduces spread of virus.



## 3. Wash your Hands

Wash your hands thoroughly for 20 seconds.



## 4. Clean and Disinfect

Clean frequently touched surfaces daily.



## 5. Stay Home if you're Sick

Monitor your health daily. Staying home saves lives.

# WEAR A MASK

STOP THE SPREAD.



# WASH YOUR HANDS

FOR 20 SECONDS.



# KEEP SOCIAL DISTANCE

**STOP THE SPREAD.**



**6 FT. APART**

# CLEAN AND DISINFECT

STOP THE SPREAD.



# STAY HOME IF YOU'RE SICK

STOP THE SPREAD.



100°



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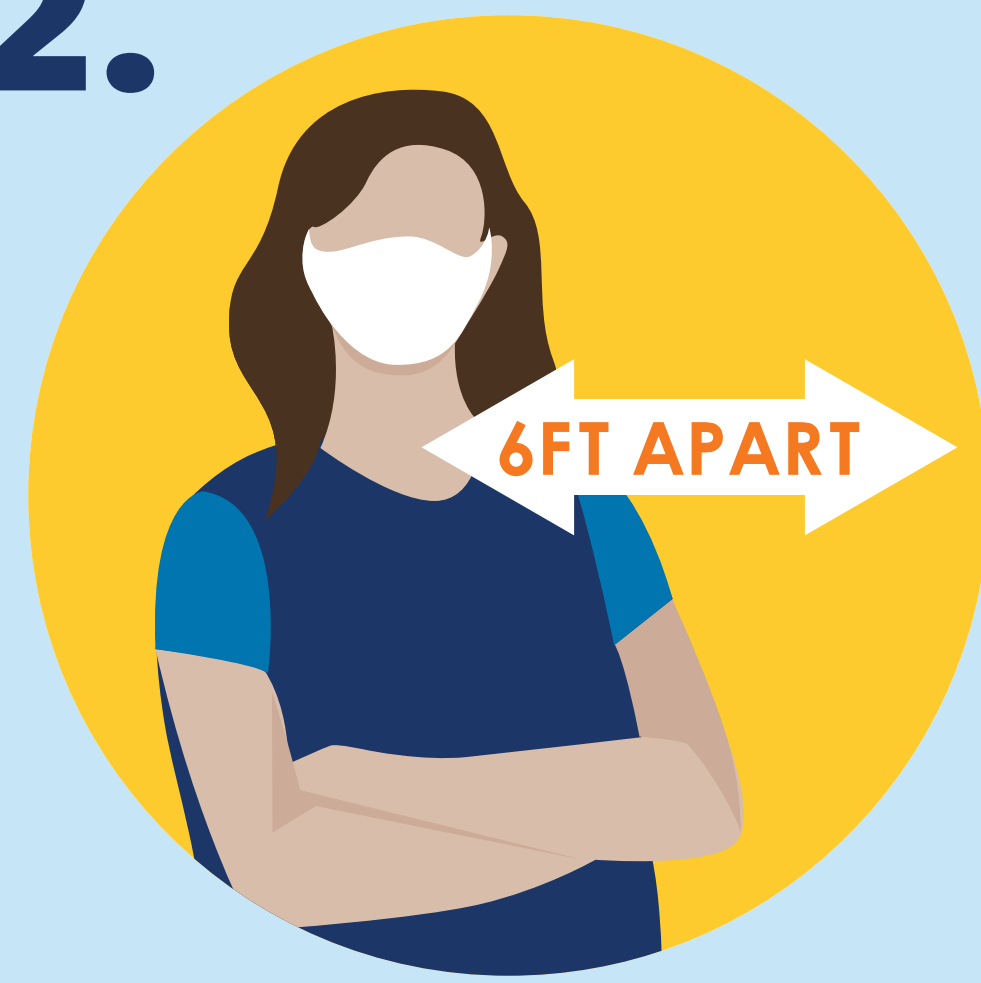
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# KNOW THE 5 STEPS

## To Slow the Spread of COVID-19



### 1. Wear a Mask

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The Power  
is in Your  
Hands

