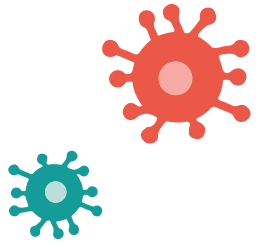


# LET'S WORK TOGETHER TO STOP THE SPREAD OF CORONAVIRUS



**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.

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

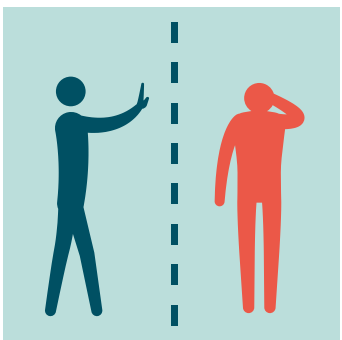


**AVOID TOUCHING YOUR EYES, NOSE OR MOUTH** with unwashed hands.

**COVER YOUR COUGH OR SNEEZE** with a tissue, then throw the tissue in the trash.



**CLEAN AND DISINFECT** frequently touched objects and surfaces using a regular household cleaning spray or wipe.



**AVOID CLOSE CONTACT** with people who are sick and **STAY HOME** if you are sick.

For up-to-date information on the coronavirus disease (COVID-19), contact the **Virginia Department of Health** at **877-ASK-VDH3** or **[www.vdh.virginia.gov](http://www.vdh.virginia.gov)**.