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

Simple steps 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**