

HOW CAN I PROTECT MYSELF

# AGAINST COVID-19?

Wash your hands **frequently**

**Avoid touching** your eyes, nose, and mouth

**Avoid crowded places** and put space between yourself and others

Cough or sneeze into your **bent elbow or a tissue**

If you have fever, cough, or difficulty breathing, **seek care early**. Call beforehand and follow medical advice.

