How to Stay Healthy from COVID-19

Wash your hands for 20 seconds

Cover your mouth with a tissue or sleeve when coughing or sneezing

Avoid touching your face

Use tissues and throw them away

Clean items around you like doorknobs, tables, and phones

If you have plans to travel, think about taking your trip after this crisis is over

Stay home if you are feeling sick

Stay home if you have family members who are sick

Call before visiting your doctor

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