

5 WAYS TO REDUCE THE SPREAD OF CORONAVIRUS



Practice social distancing. Stay home when you are sick.



Avoid touching your eyes, nose and mouth.



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.



Wash your hands often with soap and water for at least 20 seconds.

Based on recommendations from the Centers of Disease Control and Prevention

Protect Yourself & Others!



UnityPoint Clinic