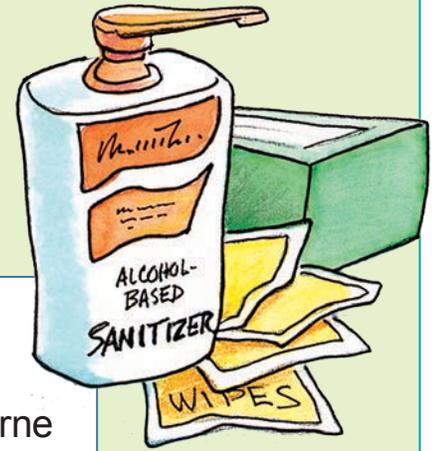
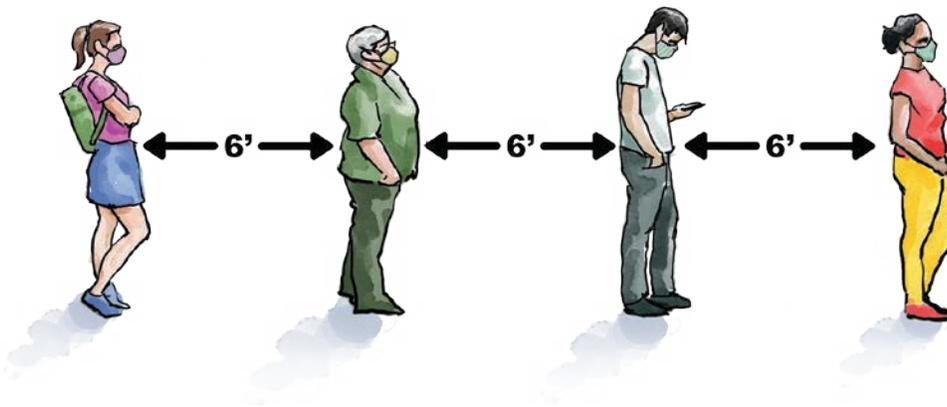
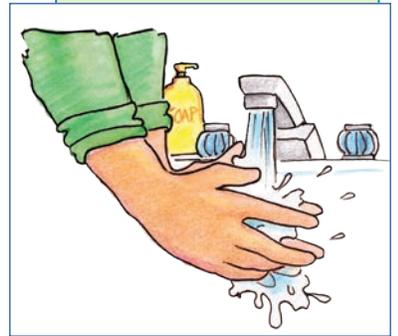


Preventing COVID-19: What You Need to Know



- ▶ There is an outbreak of a new coronavirus causing a disease called COVID-19.
- ▶ The most common way the virus spreads is through tiny airborne droplets emitted when an infected person coughs or sneezes.
- ▶ There is currently no vaccine to protect against COVID-19.
- ▶ The best way to protect yourself and others is to avoid exposure, and use these simple prevention methods:

- Wash your hands frequently. Scrub your hands with soap and water for at least 20 seconds after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Regularly clean and disinfect high-touch objects and surfaces.
- Stay home when you are sick.
- Wear a face mask if you are in public and around other people.
- Keep at least six feet away from other people when in public.



Excerpted from Journeyworks pamphlets *The 2019 Novel Coronavirus: What You Need to Know* (title #5895) and *COVID-19: A Checklist for Prevention* (title #5897). To review or purchase these pamphlets, visit www.journeyworks.com

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