

PREVENTING COVID-19

Protect yourself from all infectious diseases by using these precautions.



Stay home.



Avoid contact with people who are sick.



Get **adequate sleep** and eat **well-balanced meals**.



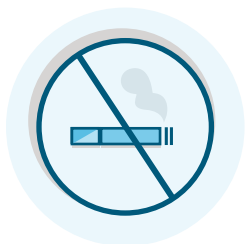
Wash hands often for **20 seconds or longer** with soap and water. Dry with a clean towel, or air dry.



Cough and sneeze into your **elbow** or use a **tissue**.



Avoid touching your face with unwashed hands or after touching surfaces.



Quit tobacco. If you smoke you may be at **higher risk** for **serious illness** from COVID-19.



Clean and disinfect “high touch” surfaces often.



Call before visiting your doctor.

For more information on how to prevent COVID-19, visit [cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov).

For more information on how to quit tobacco, visit [tobaccofreeflorida.com](https://www.tobaccofreeflorida.com).



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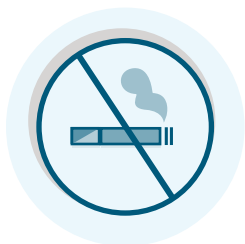
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