

# CORONAVIRUS TIPS

**Follow these tips to prevent the spread of COVID-19.**

## WASH YOUR HANDS.

Wash them well. Wash them often. If soap and water are not available, you can use a hand sanitizer with at least 60% alcohol.

## DON'T TOUCH YOUR FACE.

Avoid touching your eyes, nose, mouth, and face.

## AVOID CLOSE CONTACT.

Don't hug, shake hands, high five, or fist bump another person. Try to stay 6 feet away from others, especially if they are exhibiting symptoms.

## COVER YOUR MOUTH.

If you cough or sneeze, cover your mouth with a tissue and put the tissue into the trash.



SPRINGFIELD -  
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**HEALTH**

[HEALTH.SPRINGFIELDMO.GOV/CORONAVIRUS](https://health.springfieldmo.gov/coronavirus)