

# STOP COVID-19: OUR HEALTH IS IN OUR HANDS

The coronavirus that causes COVID-19 is mainly spread through person-to-person contact and by droplets from coughs and sneezes.

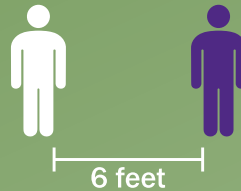
## SIMPLE STEPS CAN STOP THE SPREAD



### STAY HOME DURING THIS TIME

Limiting contact with others will slow the spread.

Only go out for essential needs.



### PRACTICE SOCIAL DISTANCING

Stay at least 6 feet apart from others when out.



### WASH YOUR HANDS

Use soap and warm water.

Wash for 20 seconds. Sing a song if that helps!



### AVOID TOUCHING YOUR FACE

Especially your eyes, nose and mouth.

LEARN MORE: [LSUAGCENTER.COM/COVID19RESOURCES](https://lsuagcenter.com/covid19resources)

