Help prevent the spread of respiratory diseases like COVID-19.

**Avoid close contact with people who are sick.**

**Cover your cough or sneeze with tissue, then throw tissue in the trash.**

**Avoid touching your eyes, nose and mouth with unwashed hands.**

**Disinfect commonly touched surfaces like doorknobs and cell phones.**

**Stay home when you are sick except to get medical care.**

**Wash your hands often for at least 20 seconds.**

For more information, contact WMAT Division of Health Programs 928-338-4955/4953