



COVID-19 is transmitted through droplets coughed, sneezed or exhaled by people with the virus. It can be transmitted person-to-person, or can live on surfaces for several hours. Here's what to do to stay safe:



Don't touch your face

- You can pick up the virus on your hands
- People touch their faces roughly 20 times per hour!
- Cover your mouth and nose with a tissue if you cough or sneeze



Wash your hands

- Wash often, for at least 20 seconds
- Use soap and water
- Use hand sanitizer with 60% or higher alcohol content



Keep your distance

- Follow Stay at Home orders
- Even if you feel fine, you may be asymptomatic
- If you must go out, practice physical distancing

We can stop the spread! For more information, go to [gmr.net/coronavirus](https://www.amr.net/coronavirus) or www.cdc.gov