PROTECT YOURSELF AND YOUR FAMILY from Coronavirus (COVID-19)

Avoid close contact with people who are sick.

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

Wash your hands often with soap and water for at least 20 seconds.

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

Avoid touching your eyes, nose, and mouth.

When in public, wear a face covering over your nose and mouth.

Clean and disinfect frequently touched objects and surfaces.

If soap and water are not available, use an alcohol based hand sanitizer that contains at least 60% alcohol.

SM YOUNG MEN’S INITIATIVE


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