

HOW CAN I PROTECT MYSELF FROM COVID-19?

PRACTICE GOOD HEALTH HABITS



**WASH
HANDS
OFTEN**



**COVER
COUGHS +
SNEEZES**



**DON'T
TOUCH
FACE**



**CLEAN
SURFACES
OFTEN**



**STAY HOME
WHEN
SICK**



**AVOID
SICK
PEOPLE**

FOR MORE INFORMATION, VISIT:
HEALTH.PA.GOV



pennsylvania
DEPARTMENT OF HEALTH