

# STOP THE SPREAD OF GERMS

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

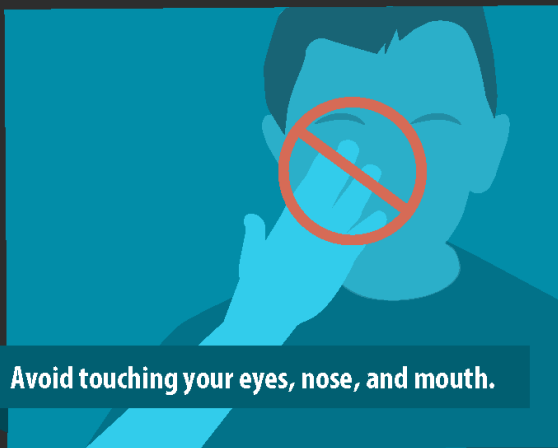
Avoid close contact with people who are sick.



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



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



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



Wash your hands often with soap and water for at least 20 seconds. If water is not available, use alcohol-based hand sanitizer.



This poster was adapted from the Centers for Disease Control and Prevention (CDC).

For more information: <http://health.hawaii.gov>  
[www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

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**PLEASE CONTACT THE SCHOOL'S MAIN OFFICE IF THERE IS NO SOAP.**