

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

Avoid close contact with people who are sick.

- AND -
Stay 6 feet
from coughing
folks.



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

- OR -
Cough into your
elbow. Not
your hands!



Symptoms may
appear 2-14 days
after exposure:

- Fever
- Dry cough
- Shortness of breath
- Pneumonia



Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently
touched objects and surfaces.

- AND -
Don't forget
your cell
phone, too!



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

- AND -
Call ahead to your
doctor before visiting
the office, clinic,
or hospital.



- OR -
Hand sanitizer
with 60%
alcohol!

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



For more information: www.cdc.gov/COVID19
or: www.DutchessNY.gov/Coronavirus

