

April 2020

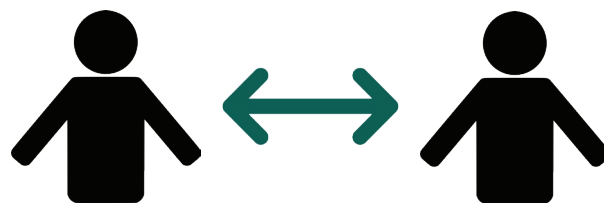
# Preventing the Spread of COVID-19\*

\*COVID-19 is the respiratory disease caused by **coronavirus**

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

- Cover your coughs and sneezes
- Stay home when you are sick
- Avoid touching your eyes, nose and mouth
- Avoid close contact with people who are sick
- Practice **physical distancing**

- *give others six feet of space*
- *avoid large crowds of people*
- *do not shake hands*



Learn more about how to slow the spread of  
**coronavirus** in your community:

[www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml](http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml)

**Resources:**

- [https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsummary.html](https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsummary.html)
- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>