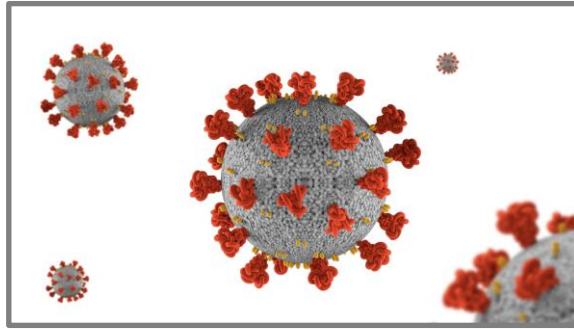


# Prevent the Spread of COVID-19



## Three Proven Practices for Families

Your best defense is offense against COVID-19. Three proven practices make positive contributions to health. They're recommended by scientists and health care professionals, based on what they've learned from past pandemics and new, evolving science.

Social distancing, hand washing, and keeping surfaces clean, sanitary and disinfected are critical to good health.

- Practice Social Distancing, a minimum of six feet.
- Wash hands often throughout the day. Use hand sanitizers only when you're unable to wash with soap and water, and
- Clean, sanitize, and disinfect surfaces in your home, especially high touch areas such as appliance handles, door handles and kitchen surfaces.

Adopting these practices inside and outside your home prevent the spread of COVID-19. Encourage your children to adopt them, too.

**Stay Home, Stay Safe, Stay Healthy**

**B. Susie Craig**

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