

# Stop the Spread

Small actions make a big difference in preventing the spread of coronaviruses that cause COVID-19 and other respiratory diseases.



## Protect your bubble

Avoid close contact with people who are sick.



## Don't be gross

Cover coughs and sneezes with a tissue, then throw it in the trash.



## Put your hands down

Avoid touching your eyes, nose and mouth.



## Keep things clean

Disinfect frequently touched objects and surfaces.



## Be an introvert

Stay home when you're sick, except to go to the doctor.



## Get high on hygiene

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



## Don a mask

Channel your inner superhero and cover your nose and mouth. It helps save lives.



## Check yourself

Be alert for symptoms of COVID-19 and call your doctor if you've been exposed.

**Need to see a doctor?** Visit [OhioHealth.com/FindADoctor](https://www.ohiohealth.com/FindADoctor).