

# PREVENTION IS KEY.

## *Prevent the spread of Coronavirus (COVID-19)*



**WASH YOUR HANDS OFTEN** with soap & water for at least 20 seconds or use an alcohol-based hand sanitizer.



**AVOID TOUCHING** your eyes, nose, & mouth with unwashed hands.  
**AVOID CLOSE CONTACT** with people who are sick.



**STAY HOME** if you are sick.  
**CLEAN & DISINFECT** frequently touched objects & surfaces.



**COVER YOUR MOUTH & NOSE** with a tissue or your sleeve (not your hands) when coughing or sneezing.



If you have questions or want to learn more, visit [www.pima.gov/covid19](http://www.pima.gov/covid19) or call (520) 626-6016  
Additional info & updates: [HEALTH.ARIZONA.EDU](http://HEALTH.ARIZONA.EDU)



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