THE PANDEMIC PRESENTS

COVID-19 PREVENTION METHODS

SIMPLE STEPS WITH GREAT IMPACTS

## WASH YOUR HANDS

TOUCHED SOMETHING? CLEAN EM' UP!

It is really important to wash your hands to prevent the spread of any contagious disease - with COVID-19, the need is even more exacerbated, especially when you have touched something outside or at a public place.

WEAR A MASK

KEEP YOURSELF AND OTHERS SAFE

Multiple studies have shown that masks can help prevent the spread of many diseases at a great rate. COVID-19 is no exception! Wear a mask to help you and others as well - plus it look
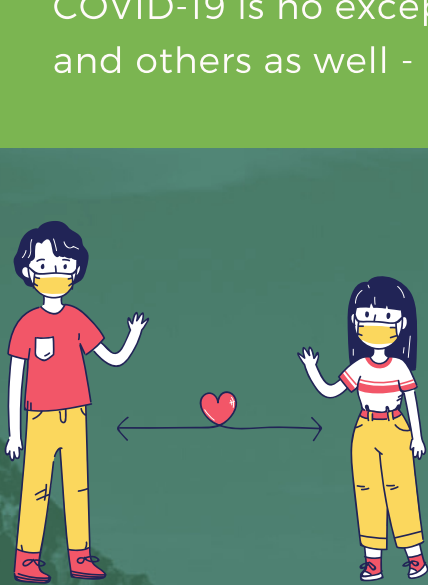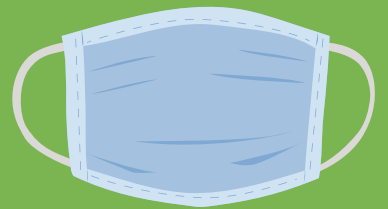
CIAL DISTANCE

CLOSE IN YOUR HEARTS

atly reduces the risk of others, especially in a public place where you may interact with many people that you do not know.

GO OUTSIDE

FRESH AIR AND LESS COVID-19

Going outside is a good way to prevent the spread of COVID-19 while being able to host events and interact with other people. Studies show that going outside significantly reduces the probability of the spread of COVID-19, and also keeps you healthy and fresh!

AVOID LARGE GATHERINGS

CONNECT VIRTUALLY INSTEAD

In an era of technology, it is not very difficult to connect to people around the globe virtually through applications such as Zoom and other social media. Try to avoid gatherings as they increase the chances of COVID-19 spread.

HELP US

STOP

THE

SPREAD OF COVID-19