

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



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



NEW MEXICO
DEPARTMENT OF
HEALTH

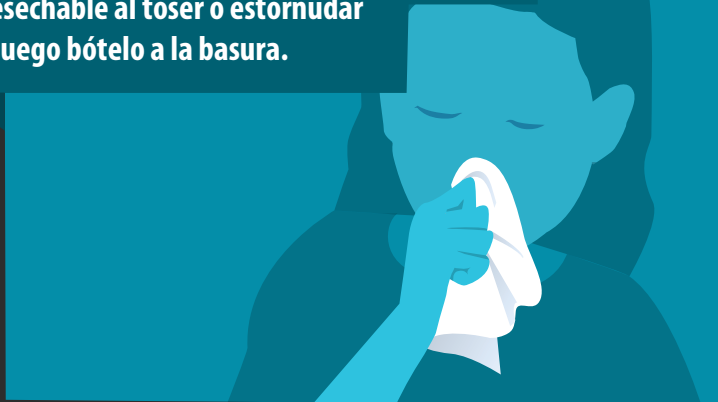
For more information: cv.nmhealth.org

Ayude a prevenir la propagación de virus respiratorios como el nuevo COVID-19.

Evite el contacto cercano con las personas enfermas.



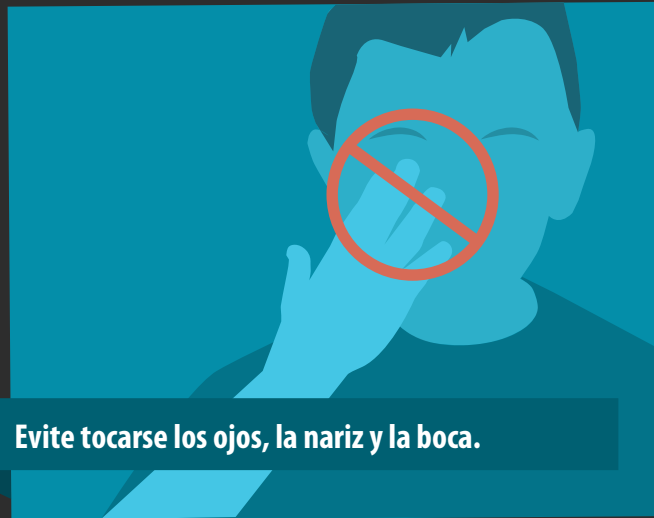
Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelos a la basura.



Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.



Evite tocarse los ojos, la nariz y la boca.



Quédese en casa si está enfermo, excepto para buscar atención médica.



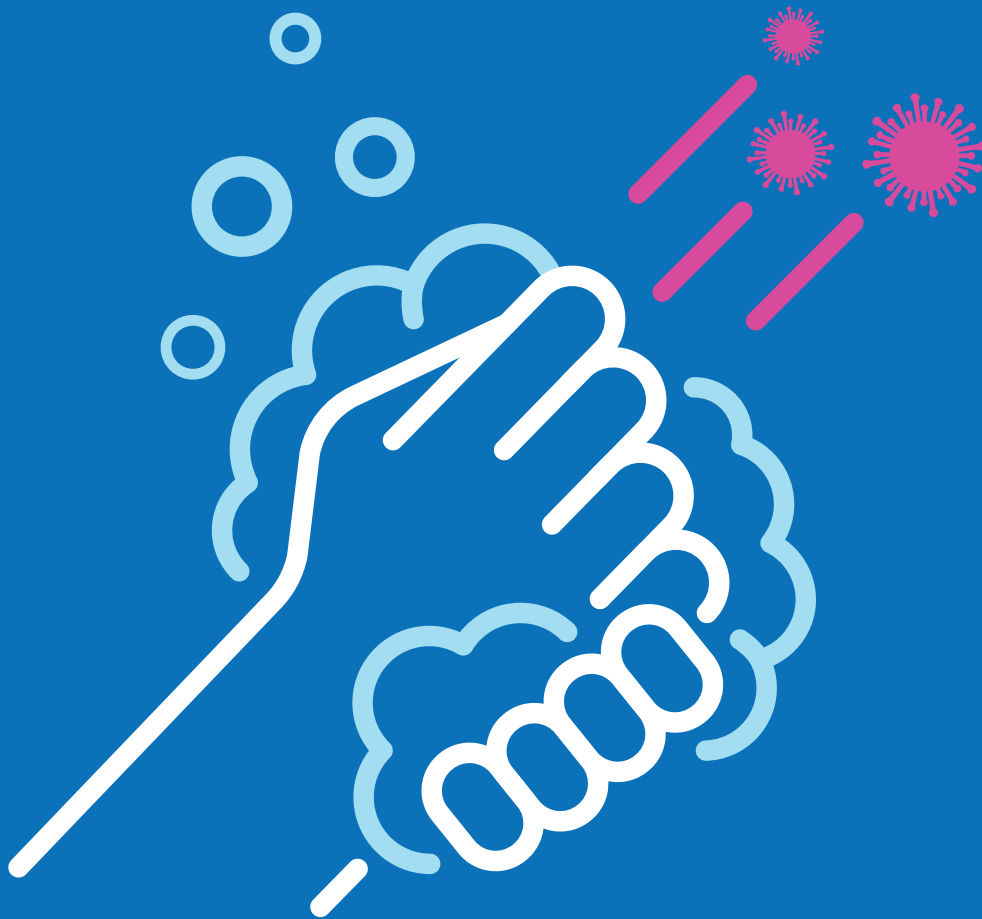
Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



NEW MEXICO
DEPARTMENT OF
HEALTH

Para obtener más información: cv.nmhealth.org

WASH YOUR HANDS FIGHT CORONA VIRUS (COVID-19)



Handwashing is your best protection against the flu, COVID-19, and other diseases.



1.

Wet your hands. Then turn off the water.



2.

Apply soap.



3.

Lather up every nook and cranny.



4.

Scrub for two "Happy Birthday!" songs or 20 seconds.



5.

Rinse your hands.



6.

Dry with air or paper towel. Close tap with towel.