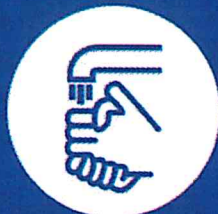


# HOW CAN I PROTECT MYSELF FROM COVID-19?

## PRACTICE GOOD HEALTH HABITS



WASH YOUR HANDS OFTEN



COVER COUGHS + SNEEZES



DON'T TOUCH EYES/NOSE/MOUTH



CLEAN SURFACES FREQUENTLY



STAY HOME WHEN SICK



AVOID SICK PEOPLE



**pennsylvania**  
DEPARTMENT OF HEALTH