Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and COVID-19:

- **Wash your hands** often with soap and warm water (at least 20 seconds), or use an alcohol-based hand sanitizer.
- **Avoid touching** your eyes, nose and mouth.
- **Clean things that are frequently touched** (like doorknobs and countertops) with household cleaning spray or wipes.
- **Cover your mouth** when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- **Stay home if you are sick** and avoid close contact with others.
- **Think ahead** about how to take care of yourself and your loved ones. Visit NJ211.org for preparedness tips.

For more information:

- www.BelieveInAHealthyNewark.org
- Call 2-1-1 or 1 (800) 962-1253
- Text NJCOVID to 898-211
- Visit 211.org or COVID19.NJ.gov or NJ.gov/Health

*adapted from Massachusetts Department of Health*