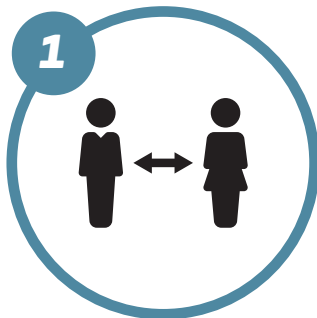


# PRACTICE SOCIAL DISTANCING



*Together, we can help stop the spread of COVID-19*



Keep 6 feet apart from other people



Do not gather in groups



Keep out of crowded places and avoid mass gatherings

## Why practice social distancing?

It may be possible that a person can get COVID-19 by touching an infected surface or object that has the virus on it and then **touching their own mouth, nose, or eyes**.

However, this is **not thought to be the main way the virus spreads**. COVID-19 can live for hours to days on a surface, depending on factors such as sunlight and humidity. Social distancing helps limit contact with infected people and contaminated surfaces.



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## Everyday ways you can help prevent COVID-19:

- Wash your hands often
- Wear a face mask when around others
- Cover coughs and sneezes with a tissue or inside of elbow
- Clean and disinfect frequently touched surfaces