

Stop the Spread

Small actions make a big difference in preventing the spread of coronaviruses that cause COVID-19 and other respiratory diseases.



Protect your bubble

Avoid close contact with people who are sick.



Don't be gross

Cover coughs and sneezes with a tissue, then throw it in the trash.



Put your hands down

Avoid touching your eyes, nose and mouth.



Keep things clean

Disinfect frequently touched objects and surfaces.



Be an introvert

Stay home when you're sick, except to go to the doctor.



Get high on hygiene

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

Need to see a doctor? Visit [OhioHealth.com/FindADoctor](https://www.ohiohealth.com/FindADoctor).