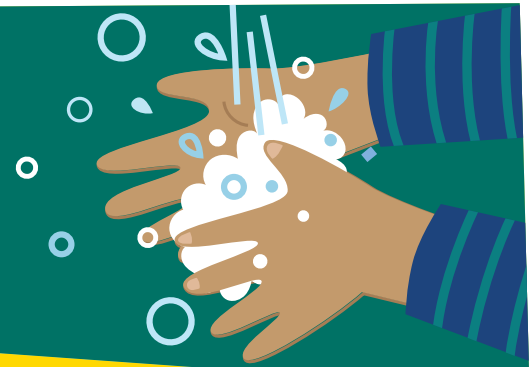


Simple Steps to Stay Healthy

Use these seven strategies to reduce the spread of COVID-19

Wash your hands



Wear a mask



Stay physically distant and socially connected



Increase fresh air

Clean and disinfect



Check for symptoms daily and stay home if you're sick



Get vaccinated



National Center on

Health, Behavioral Health, and Safety