

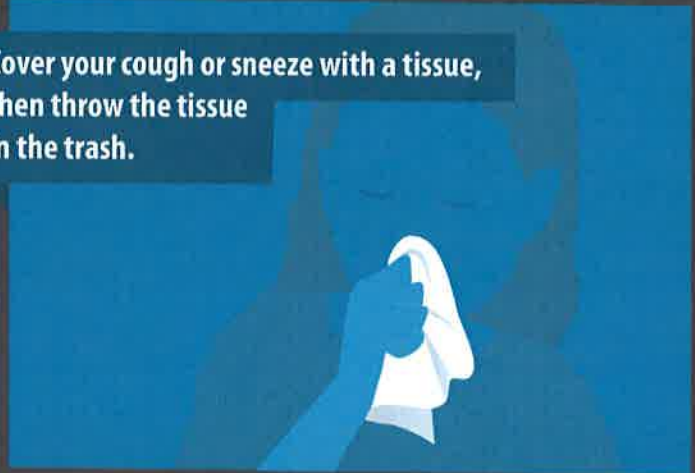
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



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



NEW MEXICO
DEPARTMENT OF
HEALTH

For more information: www.cdc.gov/COVID19



DO NOT VISIT IF:

**YOU HAVE RECENTLY HAD SIGNS OF
A RESPIRATORY INFECTION**

**HAVE RECENTLY BEEN EXPOSED
TO SOMEONE WITH COVID-19**

HAVE TRAVELED TO A HIGH RISK COUNTRY

**HAVE RECENTLY TRAVELED TO ANOTHER
STATE EXPERIENCING WIDESPREAD
COMMUNITY TRANSMISSION OF COVID-19**



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