COVID-19
HOW TO PROTECT YOURSELF

CLEAN YOUR HANDS OFTEN
- Wash your hands often with soap and water for at least 20 seconds
- Use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, and mouth

AVOID CLOSE CONTACT
- Avoid close contact with people who are sick
- Put distance between yourself and other people

INFORMATION + UPDATES
CORONAVIRUS.HEALTH.OK.GOV
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