

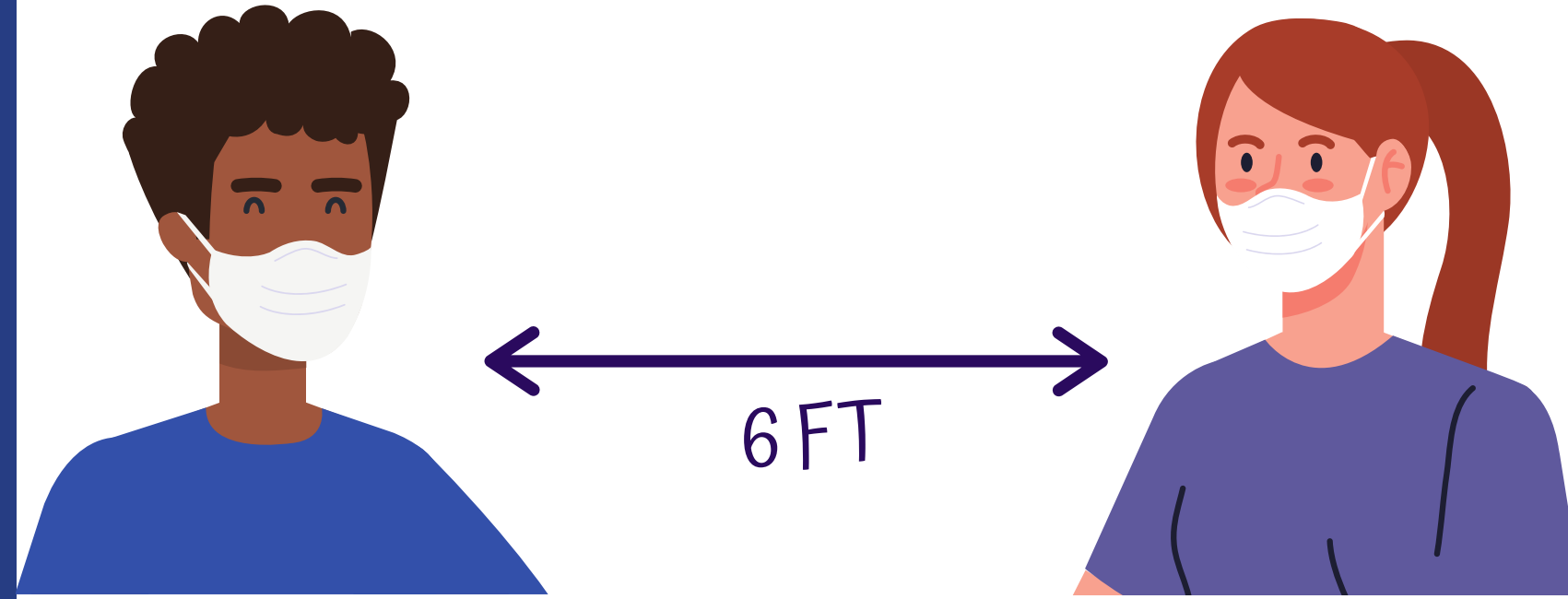
# STOP THE SPREAD

Source: World Health Organization



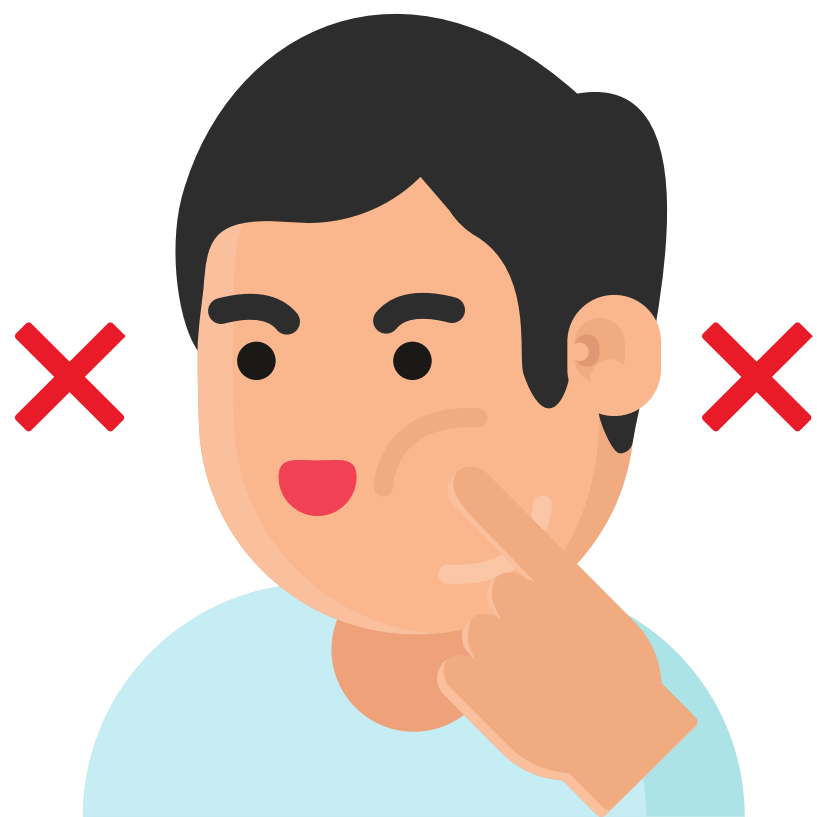
## WASH YOUR HANDS

Take regular hand washing and hand sanitizing breaks. When you wash your hands sing Happy Birthday twice.



## MAINTAIN PHYSICAL DISTANCING

Maintain at least 6 feet distance between yourself and others.



## AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



## STAY HOME IF YOU FEEL SICK

If you have difficulty breathing, seek medical attention immediately.



**The Arc**  
*of San Antonio*