COVID-19 Prevention Recommendations

- Wash your hands for 20 seconds
- Cover your mouth with a tissue or sleeve when coughing or sneezing
- Avoid touching your face
- Use tissues and throw them away
- Clean items around you like doorknobs, tables, and phones
- Know the risks of traveling to other towns, states, and countries
- Stay home if you are feeling sick
- Stay home if you have family members who are sick
- Call before visiting your doctor

State Council on Developmental Disabilities