

Stop Germs to Stay Healthy



Wash hands with soap and water for 15 seconds, or use hand sanitizer



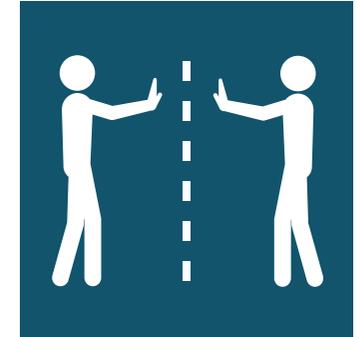
Cough or sneeze into your bent elbow or a tissue, then wash hands



Avoid touching your eyes, nose, and mouth



Stay home if you are sick



Avoid hugging, kissing, shaking hands and high-fiving

Do NOT share

- water bottles
- band instruments
- eating utensils
- electronic devices
- ear pods
- food

