## MCLB ALBANY SAFETYGRAM

Help prevent the spread of respiratory diseases like COVID-19



Stay at least 6 feet (about 2 arms' length) from other people.



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



When in public, wear a cloth face covering over your nose and mouth.







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

For more information visit <a href="https://www.cdc.gov/coronavirus">https://www.cdc.gov/coronavirus</a>







