

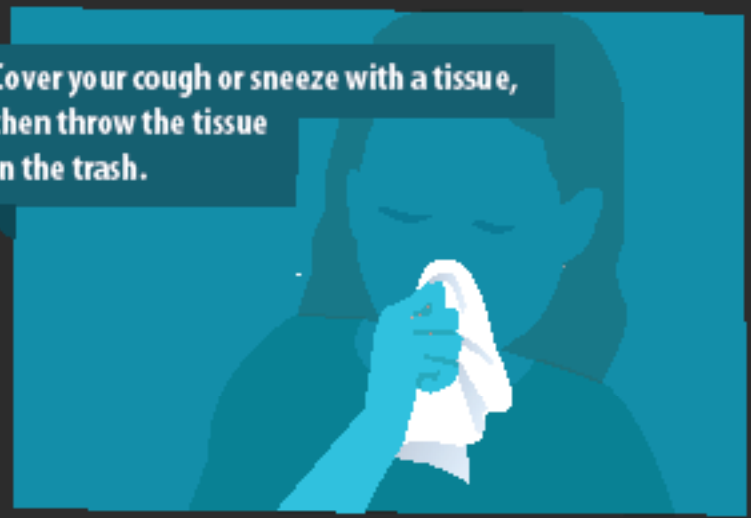
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

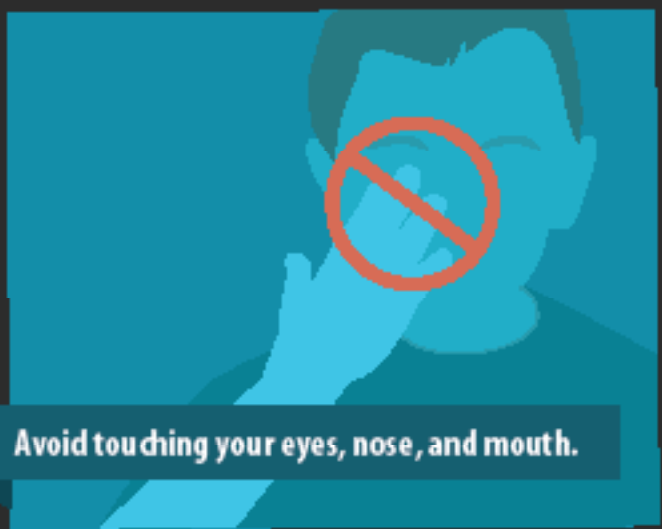
## Practice Social Distancing



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



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home, except to get medical care or necessary supplies.



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



For additional questions, call the Plumas County COVID-19 Information M-F, 8am-5pm at (530) 283-6400.

For more information: [www.cdc.gov/COVID19-symptoms](https://www.cdc.gov/COVID19-symptoms)  
<https://www.plumascounty.us/2669/Novel-Coronavirus-2019>