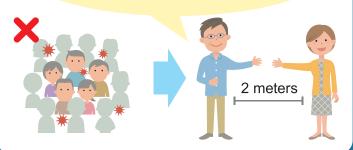
## Stop the spread of COVID-19

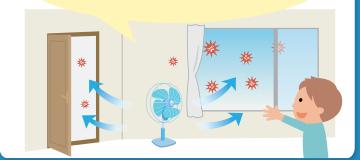
## Avoid Closed spaces, Crowded places, and Close-contact settings!

• Even in open spaces, be mindful of other Cs. We should aim for "Zero C."

**Make enough space** with others.



Open doors and windows. **Ventilate frequently.** 



Avoid exercise with many people even outdoors.

Walking or running in a small group is fine.



## Make space in restaurants.

- Avoid dining in a large group
- Leave one empty seat between you
- Sit diagonally across the table



Wear a mask when talking.



5 min. conversation is the same as one cough.



Refrain from talking inside the train or elevator.











