

# 5 PLUS 1

## STOP THE SPREAD OF CORONAVIRUS, COVID-19

The Coronavirus is highly contagious and can spread when an infected person breathes releasing the virus into the air and onto surrounding surfaces. The following simple steps can reduce the chances of you contracting the virus as well as blocking its spread to others.

1. **HANDS** – Rubbing your hands with hand sanitizer that contains at least 60% alcohol after touching unknown surfaces will kill viruses.
2. **FACE** - Do not touch your face until you use hand sanitizer after touching unknown surfaces.
3. **CLOTHES**- Put bleach in your wash (including color clothes) and then using high heat for drying; will kill viruses.
4. **PERSONAL SPACE** - Extend your personal space to approximately 6 feet. Avoid hugging, kissing, handshakes.
5. **CROWDS**- Avoid crowds to reduce the chances of breathing in contaminated air.

**PLUS 1** – Forward these simple 5 steps to everyone you know. The more people that participate the sooner the Coronavirus will be contained and the less people affected. Your action will make a difference!

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