Do The 5
Help Stop COVID-19

1. HANDS: Wash hands often with soap and water

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer that is at least 60% alcohol.

2. ELBOW: Cough Into It

Cough and sneeze into your elbow or sleeve. This will help to reduce the spread of germs when around others.

3. FACE: Don't Touch It

The virus can transfer from your hands and enter your body when you touch your eyes, nose, and mouth. Try to keep your hands busy to avoid touching your face.

4. SPACE: Keep Safe Distance

Keep six feet apart to protect yourself and others.

5. HOME: Stay Home if You are Sick

Stay home to avoid spreading germs to others. If you need to seek medical help, CALL your healthcare provider to make special arrangements if an in-person visit is needed. Wear a mask if you need to leave the house for emergencies.

Stay safe and remember...
Your actions can impact the lives of others!

NJ Health
New Jersey Department of Health

CDS
Communicable Disease Service