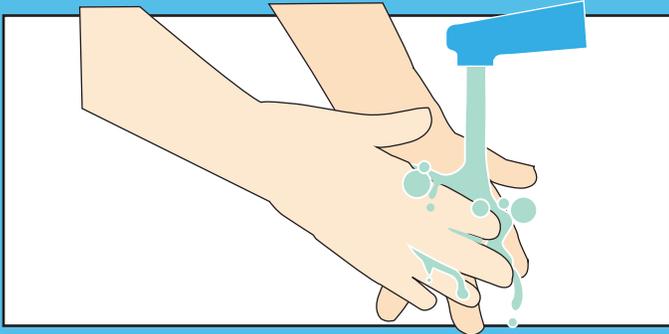
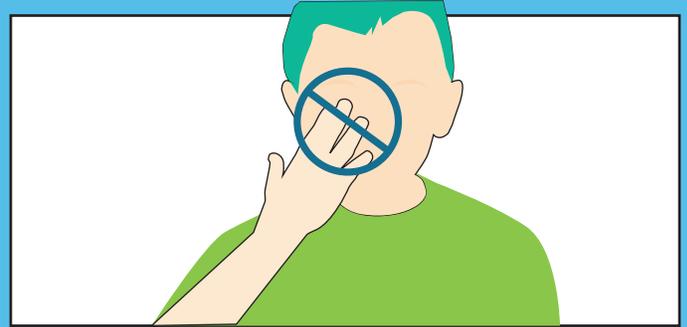


Stop the Spread of Germs

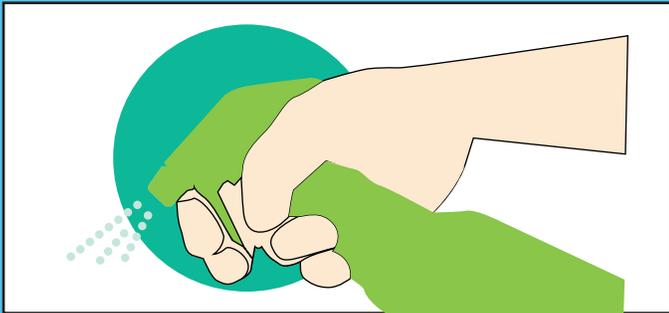
Help prevent the spread of respiratory diseases like the flu and COVID-19:



Wash your hands often with soap and warm water (at least 20 seconds), or use an alcohol-based hand sanitizer.



Avoid touching your eyes, nose and mouth.



Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.



Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.



Stay home if you are sick and avoid close contact with others.



Think ahead about how to take care of yourself and your loved ones. Visit NJ211.org for preparedness tips.



For more information:
www.BelieveInAHealthyNewark.org



Call 2-1-1 or
1 (800) 962-1253



Text *NJCOVID* to
898-211



Visit 211.org or
COVID19.NJ.gov or
NJ.gov/Health