

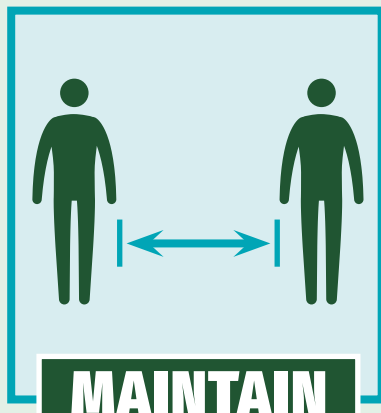
PROTECT YOURSELF AND OTHERS

» Help prevent the spread of respiratory diseases like **COVID-19**



WEAR

masks or cloth coverings whenever in shared spaces on campus



MAINTAIN

at least 6 feet of social or physical distance from others



COVER

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



STAY

home when you are sick, except to get medical care.



CLEAN

and disinfect frequently touched objects and surfaces.



AVOID

touching your eyes, nose, and mouth.



WASH

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

FOR MORE INFORMATION

» marywood.edu/coronavirus
» cdc.gov/COVID19