

6 WAYS TO STOP THE SPREAD

PROTECT YOURSELF AND OTHERS FROM COVID-19.

1 WEAR A MASK

Cloth face coverings are required in Colorado in all public spaces.



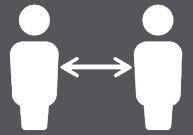
2 WASH YOUR HANDS

Wash hands especially after visiting public settings and before eating. Wash for at least 20 seconds with soap and water.



3 STAY 6 FEET APART

Physical distancing is one of the most effective measures against COVID-19. Keep AT LEAST 6 feet from anyone not in your own household.



4 STAY HOME IF SICK

If you have symptoms of illness (cough, fever, chills, shortness of breath, sore throat, headache) isolate yourself from others, including household members.



5 GET TESTED IF SICK

Getting tested after symptoms develop can aid in your treatment as well as provide valuable information to control spread. It's easy, convenient, and free.



6 GET A FLU SHOT

The flu vaccine protects you from a leading cause of death and illness. The flu causes many of the same symptoms that we see in COVID-19. Protecting yourself from the flu reduces strain on our health care system and reduces stress. It's easy, convenient, and free.



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