

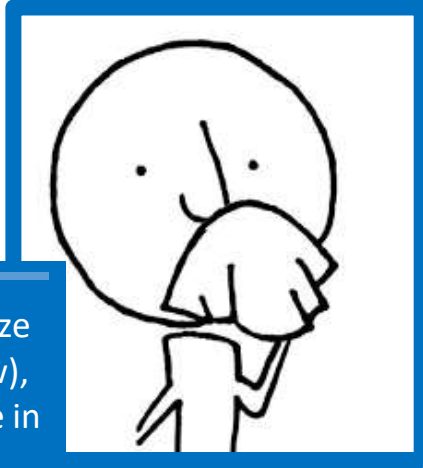


**Public Health**  
Prevent. Promote. Protect.

**NORTHEAST NEBRASKA  
PUBLIC HEALTH DEPARTMENT  
402.375.2200**



**PREVENT THE SPREAD OF RESPIRATORY DISEASES LIKE COVID-19**



Cover cough or sneeze with tissue (or elbow), then throw the tissue in the trash



Wash hands frequently with soap & water for at least 20 seconds, before & after eating, using the bathroom, touching animals, being outside, coughing, blowing nose, or sneezing



Avoid touching eyes, nose, and mouth with unwashed hands



Stay home and away from others when you are sick and call before visiting your doctor

**Get the facts, make a plan!**

This website can help you plan and be prepared:

**[www.cdc.gov](http://www.cdc.gov)**