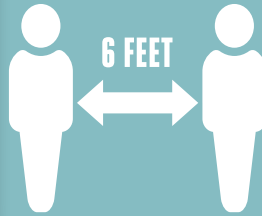


STOP THE SPREAD *FOR LOUISIANA*

TAKE THESE SIMPLE ACTIONS EVERY DAY TO HELP PREVENT THE SPREAD OF RESPIRATORY VIRUSES.



Mask Up: Wear a mask or face covering whenever you are in public.



Keep Your Distance: Don't go out unless necessary and stay at least 6 feet away from other people.



Wash Your Hands: Wash often with soap and water for at least 20 seconds.



Keep Clean: Clean and disinfect objects and surfaces regularly.



Use Hand Sanitizer: In addition to properly washing hands, use hand sanitizer that contains at least 60% alcohol.



Stay Home: Limit your trips outside of your home as much as possible.



Cover Up: Cover your cough or sneeze into your elbow or a tissue.



Don't Touch Your Face: Don't touch eyes, nose or mouth with unclean hands.