

SLOW THE SPREAD

Stay home if you are sick, except to get medical care.

COVID-19 is a respiratory illness that can spread from person to person. You are safest at home. If you need to leave your home, prevent the spread by following these recommendations:

WEAR A FACE COVERING



Cover your mouth and nose with a face covering (mask, bandana, or scarf). Wash with warm water and soap after each use.

PRACTICE SOCIAL DISTANCING



Try to stay at least **6 feet away** from people who do not live in your home, even when wearing a face covering.



6 FEET OF SPACE



WASH YOUR HANDS

Handwashing is one of the best ways to prevent the spread. **Wash your hands often** with soap and water for at least 20 seconds.



 NashuaNH.gov/COVID19
 **603-589-3456**
Call for questions or to schedule a testing appt.



CITY OF NASHUA
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Thank you for doing your part to keep our community safe!