

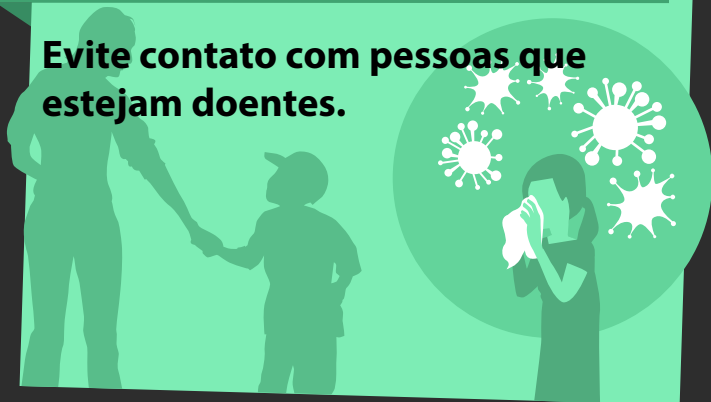
STOP THE SPREAD OF GERMS

Como Prevenir a Propagação Dos Germes

Help prevent the spread of respiratory diseases like COVID-19.
Ajude a prevenir a propagação de doenças respiratórias como COVID-19

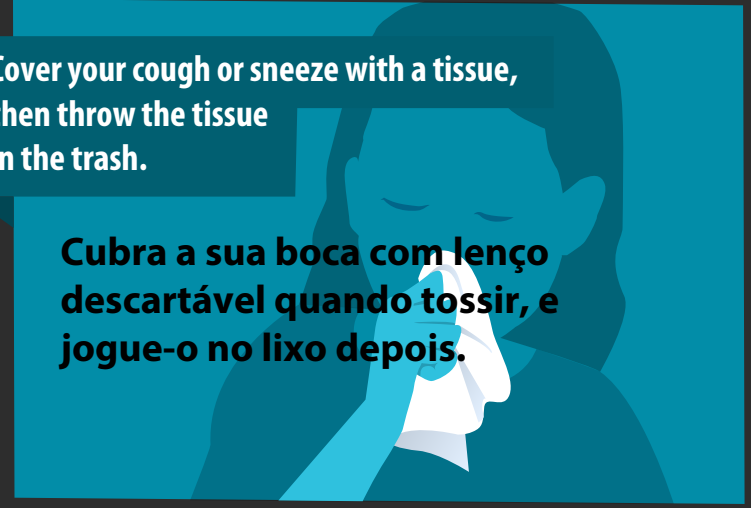
Avoid close contact with people who are sick.

Evite contato com pessoas que estejam doentes.



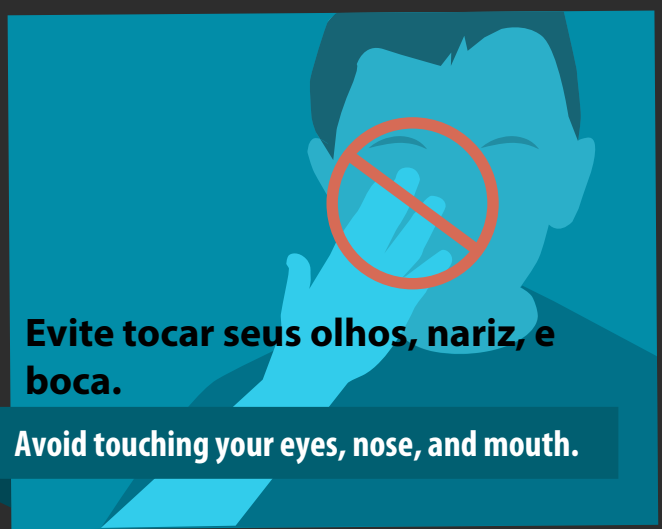
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Cubra a sua boca com lenço descartável quando tossir, e jogue-o no lixo depois.



Evite tocar seus olhos, nariz, e boca.

Avoid touching your eyes, nose, and mouth.



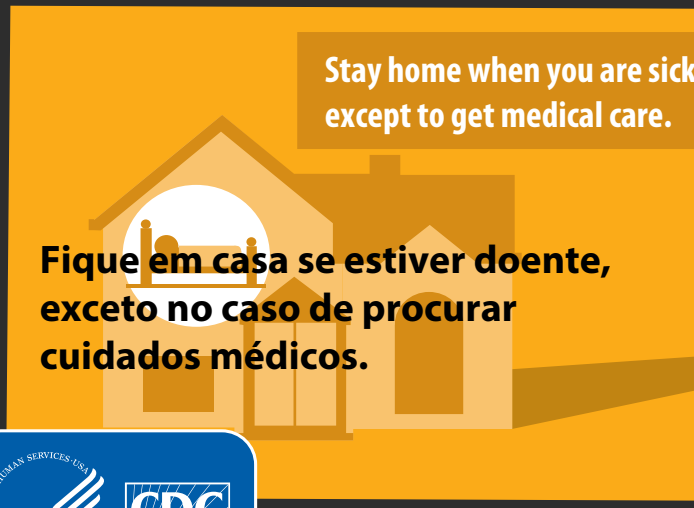
Clean and disinfect frequently touched objects and surfaces.

Higienize os objetos e superfícies frequentemente tocados.



Fique em casa se estiver doente, exceto no caso de procurar cuidados médicos.

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



Lave as suas mãos frequentemente com água e sabão por 20 segundos.

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



For more information: www.cdc.gov/COVID19