COVID-19 PREVENTION TIPS

WASH HANDS & SURFACES
- Frequently throughout the day
- 20 Seconds with soap & warm water
- Avoid touching your face, nose, & mouth
- Wipe down door knobs and other "high touch" surfaces with normal household cleaners

SOCIAL DISTANCING & TRAVEL
- Don’t shake hands
- Avoid crowds
- Stay 6 feet away from other people
- Open windows when indoors
- Avoid unnecessary travel outside of the state

IF YOU’RE SICK...
Coronavirus symptoms include fever, difficulty breathing and dry cough.

Stay home and call the New Mexico Department of Health hotline at 855-600-3453 for guidance.

For child care, financial, insurance and other questions, call: 1-833-551-0518.

For Updates - http://cv.nmhealth.org/