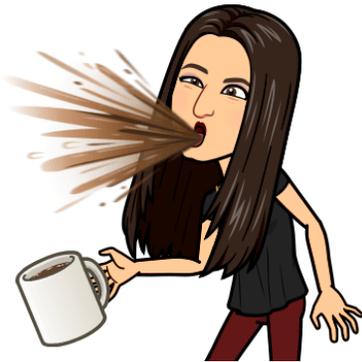# Wayne County Guide to COVID-19
Preventing Spread

COVID-19 can be spread through:

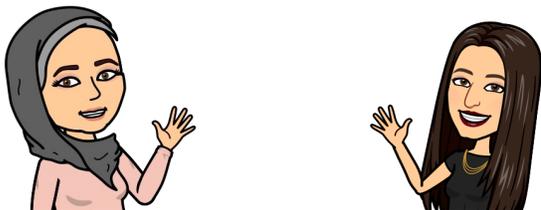Close personal contact, such as touching or shaking hands

The air by coughing and sneezing without covering your mouth and nose with your elbow

Touching an object or surface with the virus on it, then touching your face

You can limit the spread of COVID-19 by:

Keeping a distance of 6 feet from others when close contact isn't needed

Covering your mouth and nose with your elbow when sneezing or coughing

Washing your hands frequently

Public Health

www.WayneCounty.com

2-1-1 for Southeastern Michigan

the information center

Info Lines: 2-1-1 or (734) 287-7870