

COVID-19 is spreading in Nebraska

Here's what you can do to stay safe and stop the spread:

Avoid the Three Cs

1. Crowded Places



Avoid gathering in any groups.

2. Close Contact



ALWAYS wear a mask and maintain 6-foot distance when you're with people you don't live with.

3. Confined Spaces



Avoid enclosed spaces with poor ventilation.

WHEN YOU ARE WITH OTHER PEOPLE

INCLUDING AT WORK, OUT-AND-ABOUT, AT SMALL AND LARGE GATHERINGS



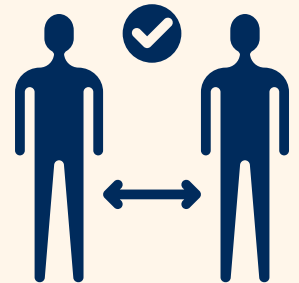
Avoid crowded places and limit time in enclosed spaces.



Wear a mask over your nose and mouth whenever you are with people you don't live with.



Wash your hands often.



Maintain at least 6 feet of distance from people you don't live with.

Version - October 12, 2020