

Jefferson Community College Logo

How to Stay Safe

CDC COVID 19 guidelines for staying safe and stopping the spread of germs

CDC Logo

Light music

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

Clean and disinfect frequently touched objects and surfaces.

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

Wear a mask over your nose and mouth.

Do not touch your eyes, nose, or mouth.

Stay at least 6 feet (about 2 arms' length) from other people.

If you are sick, stay home except to get medical care.

For more information visit: www.sunyjefferson.edu/coronavirus

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