



# 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 groups where you can't maintain 6-feet distance from others.

### 2. Close Contact



**Wear** a mask or **maintain** 6-feet distance when you're with people you don't live with.

### 3. Confined Spaces



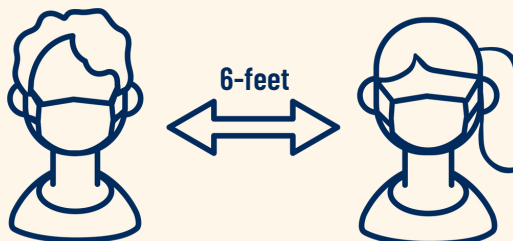
**Avoid** enclosed spaces with poor ventilation.

## AT WORK, AT SCHOOL, AT SMALL AND LARGE GATHERINGS, AND EVERYWHERE YOU GO

WHEN YOU SPEND MORE THAN 15 MINUTES WITH OTHER PEOPLE ...



Avoid crowded places and limit time in enclosed spaces.



Wear a mask over your nose and mouth or maintain 6-feet distance from people you don't live with.



Wash your hands often.

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