

# DO YOUR PART: COVID-19

[WWW.MULTCO.US/COVID19](http://WWW.MULTCO.US/COVID19)



**Don't touch your eyes, nose, and mouth.**



**Avoid large crowds and close contact.**



**Cough or sneeze into your elbow or into a tissue. Throw the tissue in the trash.**



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



**Clean AND disinfect frequently touched surfaces daily.**



**Keep your distance.**  
**6 FEET**

## STAY INFORMED

- Call 2-1-1 (interpreters available)
- [www.multco.us/covid19](http://www.multco.us/covid19)
- TTY call 7-1-1

English and Spanish only:

- Text your zip code to 898211 (TXT211)
- Email [help@211info.org](mailto:help@211info.org)

