

## **Domestic: Stay Home – PSA #2**

### **How to Avoid Spreading COVID-19 (Long)**

This is a message from the Centers for Disease Control and Prevention: CDC is working to help keep you and your community safe from the threat of novel, or new, coronavirus. COVID-19 is spreading in the United States, and leaving your home increases your chances of getting and spreading the virus. Stay home except to get groceries, medications, or other essentials. Check state or local government guidance for where you are.

If you must leave the house for essential items, take the following steps to help avoid the spread of COVID-19:

- Maintain social distance, approximately 6 feet or 2 meters, from others
- Wear a cloth face covering in public.

For more information visit [cdc dot gov](https://www.cdc.gov).