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.

Find your local health department at www.nalhd.org

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