

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



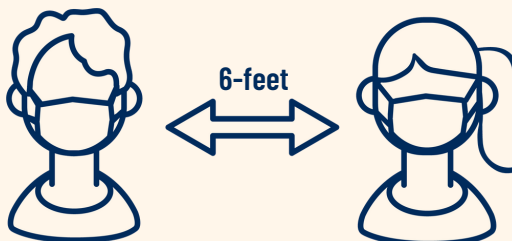
Avoid enclosed spaces with poor ventilation.

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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