HOW YOU CAN HELP SLOW AND STOP THE SPREAD OF COVID-19

The threat of COVID-19 is very real. To protect our children, our elders, and our entire community, we must take care of one another. Every single person must take it seriously.

Practice Social Distancing

Stay 6 feet apart from other people. Wearing a face cover is not a substitute for social distancing.

Sanitize Your Hands

And avoid touching your face (nose, eyes, mouth).

Avoid Mass Gatherings

Most communities have postponed ceremonies, family and friend gatherings, even funerals. These are all extremely high-risk for COVID-19 spread.

Stay in Your Home

Avoid having people come over to your house or visiting others.

Sanitize All Surfaces

Anything that has been touched—from door knobs, to countertops, groceries, keys and cell phones—must be disinfected often.

Shop Alone

As much as we don’t want to, leave others at home when gathering essential supplies. Every outing increases risk of exposure to this life-threatening virus.

For more information:

1.800.600.3453
Coronavirus Hotline
cv.nmhealth.org

1.833.551.0518
For non-health related COVID-19 questions