

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

NEW MEXICO
DEPARTMENT OF
HEALTH