



Coronavirus Public Information

Metropolitan Baptist Church and our Community are well prepared to deal with this virus.

You can help too.



Wash your hands with soap and water, or use a sanitizer gel, regularly throughout the day.



Catch your cough or sneeze in a tissue, bin it, and wash your hands.



Use hand washing dispensers and/or sanitizer gel after shaking hands.



If you have a cold, sneeze or cough, stay home and enjoy the services through our LIVE STREAM option at metrobc.org

This is the best way to slow the spread of almost any germs including the Coronavirus.



**CLEAN
HANDS KEEP
YOU HEALTHY.**

**Wash your hands with soap
and water for at least**

20 SECONDS.

LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

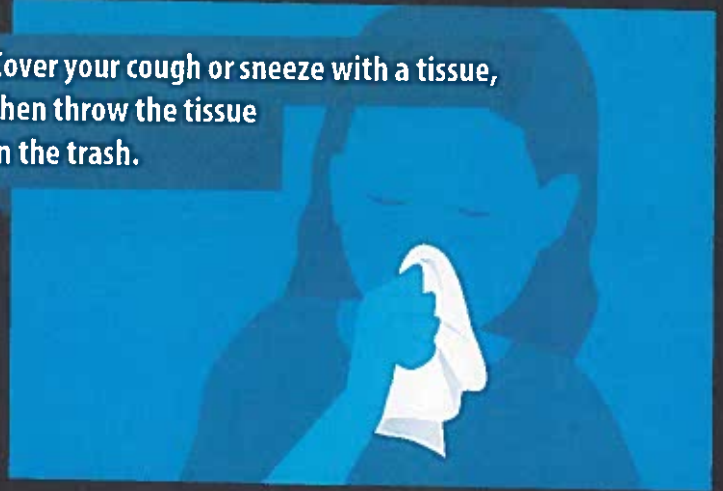
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

