Here are a few tips to help stop the spread of coronavirus.

- Wear your mask. And if you have a reusable mask, don’t forget to wash it often.

- 20-second hand wash? Sing “Happy Birthday” twice as you scrub with soap!

- Practice physical distancing, 6-foot distance in public.

- Avoid hugs and handshakes. Use alternative non-tactile ways to greet people like air high-fives.

- Sharing is caring but in the case of food and drinks, keep those to yourself.

- Remember to keep indoor gatherings and close crowded situations to a minimum.

Learn how to protect yourself and your family from COVID-19 at LoveProtectsUs.org