Avoid close or frequent interaction with other people to help prevent the spread of COVID-19:

- Avoid handshaking, hugging and other intimate greetings
- Avoid crowds, especially in poorly ventilated spaces
- Avoid nonessential travel (your health care provider may have guidance for your situation)
- Avoid unnecessary errands — consider online delivery services or social networks for essentials like food and household items

Use your head — Slow the spread

health.maryland.gov/Coronavirus