COVID-19 is spreading in Nebraska
Here's what you can do to stay safe and stop the spread:

# Avoid the Three Cs

1. **Crowded Places**
   - Avoid gathering in groups where you can't maintain 6-feet distance from others.

2. **Close Contact**
   - Wear a mask or maintain 6-feet distance when you're with people you don't live with.

3. **Confined Spaces**
   - Avoid enclosed spaces with poor ventilation.

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**AT WORK, AT SCHOOL, AT SMALL AND LARGE GATHERINGS, AND EVERYWHERE YOU GO**

**WHEN YOU SPEND MORE THAN 15 MINUTES WITH OTHER PEOPLE ...**

- Avoid crowded places and limit time in enclosed spaces.
- Wear a mask over your nose and mouth or maintain 6-feet distance from people you don't live with.
- Wash your hands often.

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Find your local health department at www.nalhd.org