



# Protect yourself from **COVID -19** and stop the spread of germs



## Wash Your Hands

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



## Clean & Disinfect

Clean and disinfect frequently touched objects and surfaces.



## Social Distancing

If you must go out, stay at least 6 feet away from others.



## Wear a Mask

When in public, wear a cloth face covering over your nose and mouth.



## Stay At Home

Stay home as much as possible. Even young people and those who feel well.



## Avoid Touching

Avoid touching your eyes, nose, and mouth.

## About Us

**MED PUBLIC** is a global supply chain partner to healthcare providers, providing quality medical healthcare products and equipment when and where providers need it; to meet their daily health care challenges around the globe.

## When should I wear a face mask?

- Shopping at essential businesses, like grocery stores or pharmacies
- Visiting your health care provider
- On public transportation
- Interacting with customers/clients at essential businesses
- Feeling sick, coughing or sneezing



CALL US

**+561-247-0497**



[www.medpublic.us](http://www.medpublic.us)



[info@medpublic.us](mailto:info@medpublic.us)