

STOP THE SPREAD OF GERMS

Take steps to prevent the spread of viruses like COVID-19:

Wash Hands

Regularly, with soap and water for 20 seconds



Keep Distance

6 feet from others, and avoid touching

Stay Home

If you experience any symptoms



Wipe Equipment

before and after use

Contact your health care provider if you experience fever, cough, fatigue or shortness of breath.

To learn more about these and other recommendations, visit [cdc.gov/COVID19](https://www.cdc.gov/COVID19)



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