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[Constituent Services](#)

Contact: 561-998-9045

## Stopping the Spread of the Coronavirus

Congress is committed to protecting Americans from the coronavirus epidemic. We will quickly move forward with an emergency spending package that fully addresses this global emergency and protects crucial health care funding.

Follow the steps outlined below to learn how to prevent the spread of the coronavirus. You can also visit the [Center for Disease Control's website](#) to learn more.

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



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



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

Sincerely,



Congresswoman Lois Frankel

**Washington, DC Office**

2305 Rayburn HOB

Washington, DC 20515

Phone: 202-225-9890

**Boca Raton District Office**

2500 N. Military Trail, Suite 490

Boca Raton, FL 33431

Phone: 561-998-9045

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