Preventive measures for FLU + COVID-19

Washing your hands is the best protection:
- Wash often
  - Use soap and water
  - Wash for at least 20 seconds
- Use hand sanitizer
  - Alcohol-based
  - When washing is not an option

Avoid close contact:
- With people who are sick or may appear under the weather
- Stay home when you are sick. Do not expose others.

Face masks:
- Those showing symptoms of these diseases should wear a mask to help prevent the spread of the disease.
- Wearing a mask is not recommended for those who are well, it will not protect you.

Cover your cough or sneeze:
- Use a tissue then
  - Trash the tissue
  - Wash your hands
- Into your elbow
  - When a tissue is not available

Clean and disinfect often:
- With a household cleaning product, wipe
  - Frequently touched objects
  - Regularly used surfaces