



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