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:
- Cover your mouth and nose with a cloth face covering when around others. You could spread COVID-19 to others even if you do not feel sick.

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

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