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

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