

PREVENTION SAVES LIVES!

TIPS

THAT CAN HELP PREVENT THE SPREAD OF ILLNESSES, INCLUDING CORONAVIRUS*



Stay home when you are sick.

Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve, not your hands. Throw your used tissue in the trash, and then wash your hands.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

Avoid close contact with people who are sick.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Clean and disinfect frequently touched objects and surfaces.



*Coronaviruses are a family of different viruses. Some can infect humans causing symptoms of the common cold and severe respiratory illness.

Source: www.cdc.gov/flu/prevent
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