STOP THE SPREAD OF GERMS

How you can help prevent the spread of respiratory illnesses

Stay home when you are sick. Seek medical care.

Avoid touching your eyes, nose, and mouth.

At home, clean and disinfect frequently used objects and surfaces.

Avoid close contact with people who are sick.

Cough or sneeze into a tissue or your sleeve.

Wash your hands with soap and warm water for at least 20 seconds.