

Help prevent the spread of respiratory diseases like COVID-19 and Influenza.

When sick, limit contact with others.



Cover your cough or sneeze with your elbow or a tissue, then throw the tissue into the trash.



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



Stay home when you are sick, except to get medical care.



Clean and disinfect frequently touched objects and surfaces.



Wash your hands often with soap and water for at least 20 seconds, and use a 60% alcohol-based hand sanitizer between hand washings.



For more information: www.cdc.gov/COVID19