

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory illnesses like influenza (FLU) and COVID-19.

Avoid close contact with people who are sick.



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



No tissue?
Cough or sneeze in your elbow instead.

Avoid touching your eyes, nose, and mouth.



Clean & disinfect frequently touched objects and surfaces.



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



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



Need a timer? Hum the "Happy Birthday" song, *twice*.