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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