PREVENTIVE MEASURES FOR FLU AND COVID-19

Wash your hands.
- Wash your hands often with soap and water for at least 20 seconds.
- When hand washing is not an option, use a hand sanitizer with at least 60% alcohol.

Avoid contact.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.

Wear a face mask ONLY if you have symptoms.
- If you are well, face masks will NOT protect you.

Cover your cough and sneeze.
- Cover your cough or sneeze with a tissue, then throw the tissue away and wash your hands.
- When a tissue is not available, cough or sneeze into your elbow and wash your hands.

Clean and disinfect surfaces regularly.
- Use a regular household cleaning spray or wipe to disinfect frequently used objects like keyboards, doorknobs, phones, etc.

Source: Centers for Disease Control and Prevention