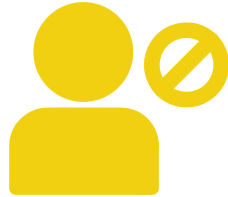


# PREVENTIVE MEASURES FOR FLU AND COVID-19



## 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*