

Protect Yourself and Others



There are general precautions you can take to prevent the spread of viral respiratory infections.

Wash your hands frequently with soap and water or alcohol-based hand sanitizer, lather for at least 20 seconds



Avoid touching your eyes, nose and mouth with unwashed hands

Avoid close, unprotected contact with anyone with respiratory symptoms



Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing



Clean and disinfect frequently touched objects and surfaces with isopropyl alcohol



Stay healthy: eat a balanced diet, get rest, avoid stress

