Protect Yourselves 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.

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

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

- Avoid close, unprotected contact with anyone with respiratory symptoms.

- **Clean and disinfect** frequently touched objects and surfaces with isopropyl alcohol.