

帮助防止疾病传播

在日常中采取行动，以帮助防止冠状病毒、感冒和流感等呼吸道病毒的传播：



经常用肥皂和水洗手，每次洗手持续至少**20秒钟** — 特别是在使用卫生间或擤鼻之后以及用餐之前。

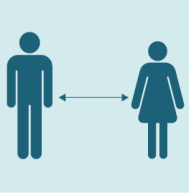
如果没有肥皂和水，请使用酒精含量至少为**60%**的洗手液擦手。



咳嗽或打喷嚏时用肘部或纸巾遮盖。



请勿用未洗净的双手触碰眼睛、鼻子或嘴巴。



与他人保持**6英尺**的社交距离。



在您生病后，请呆在家里。



在他人周围时佩戴口罩。



定期对日常用品和物体表面进行清洁和消毒。

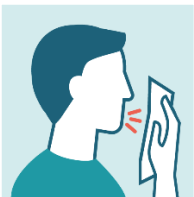
Help Keep Illness from Spreading

Take actions every day to help prevent the spread of respiratory viruses like coronavirus, cold and flu:



Wash your hands often with soap and water for at least 20 seconds — especially after using the bathroom or blowing your nose, and before eating.

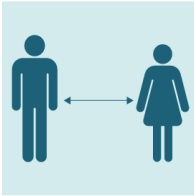
If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.



Cover your cough or sneeze into your elbow or a tissue.



Don't touch your eyes, nose or mouth with unwashed hands.



Stay 6 feet away from other people.



Stay home when you are sick.



Wear a mask around other people.



Clean and disinfect objects and surfaces regularly.