Help Keep Illness from Spreading

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

1. 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.

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

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

4. Stay 6 feet away from other people.

5. Stay home when you are sick.

6. Wear a mask around other people.

7. Clean and disinfect objects and surfaces regularly.