

How to Protect Yourself From Flu & Coronavirus



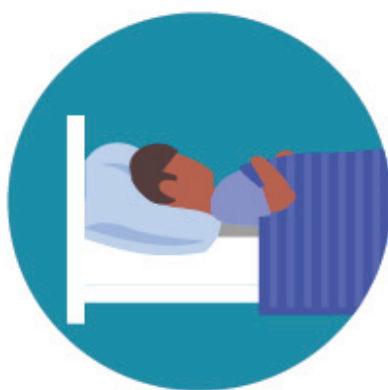
Clean Your Hands Often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.



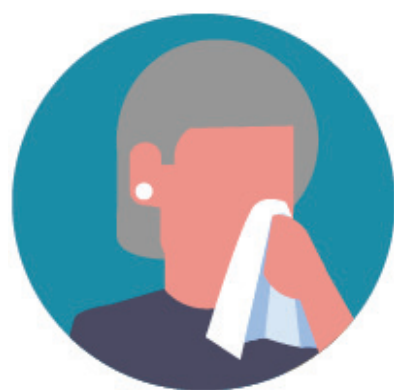
Avoid Close Contact

Avoid close contact with people who are sick



Stay Home if You're Sick

Stay home if you are sick, except to get medical care.



Cover Coughs and Sneezes

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. **Throw used tissues in the trash**. Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a Facemask if You are Sick

If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.



Clean and Disinfect

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.