

WORRIED ABOUT FLU OR CORONAVIRUS?

HELP FIGHT THE SPREAD OF ILLNESS



WASH HANDS OFTEN

WITH WARM WATER AND SOAP FOR AT LEAST 20 SECONDS.
HAND SANITIZER IS GOOD IN A PINCH.

KEEP HANDS AWAY

FROM MOUTH, NOSE OR EYES TO AVOID
TRANSFERRING GERMS.

CLEAN AND DISINFECT

FREQUENTLY USED SURFACES LIKE COUNTERS, LIGHT
SWITCHES, DOORKNOBS, AND REMOTES.

COVER COUGHS & SNEEZES

WITH A TISSUE, THEN THROW
TISSUE AWAY AND WASH YOUR HANDS.

IF YOU FEEL SICK, STAY HOME

FROM WORK, SCHOOL, OR OTHER ACTIVITIES AND AVOID
CLOSE CONTACT WITH OTHERS.