

**Help prevent the spread of respiratory diseases like COVID-19 and Influenza.**

**When sick, limit contact with others.**



**Cover your cough or sneeze with your elbow or a tissue, then throw the tissue into the trash.**



**Avoid touching your eyes, nose and mouth with unwashed hands.**



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



**Clean and disinfect frequently touched objects and surfaces.**



**Wash your hands often with soap and water for at least 20 seconds, and use a 60% alcohol-based hand sanitizer between hand washings.**



**For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)**