



# PREVENT THE SPREAD OF RESPIRATORY VIRUSES IN ONLY 6 STEPS!

## WEAR MASKS

Wearing a mask and putting distance between yourself and others can help lower the risk of respiratory virus transmission.



## CLEAN SURFACES



Clean surfaces frequently with soap or detergent.



## VACCINATIONS

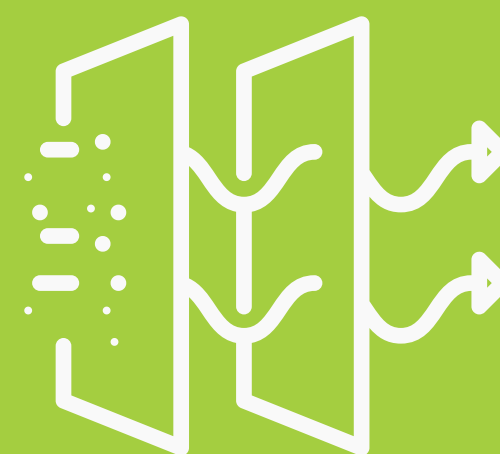
Immunizations are available from health providers and local health departments for COVID-19, flu, and RSV.

## GOOD HYGIENE

Learn and use proper handwashing techniques. Cover coughs and sneezes to limit the spread of germs and protect others.



## ENSURE AIRFLOW



Bring in fresh air to facilities by opening doors and windows.

## TREATMENT



Plan with a healthcare provider about accessing treatment before you might need it.