Help Keep Illness from Spreading

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

- **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.

- **Cover your cough or sneeze into your elbow or a tissue.**

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

- **Stay away from people who are sick.**

- **Stay home when you are sick.**

- **Clean and disinfect objects and surfaces regularly.**