

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.