

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.

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