

# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and COVID-19:



**Wash your hands often** with soap & warm water (20 sec) or use alcohol-based hand sanitizer (60% alcohol)



**Avoid touching** your eyes, nose and mouth.



**Clean things frequently touched** (like doorknobs, light switches, chairs and counter tops) with household cleaning spray or wipes.



**Cover your mouth** when you cough or sneeze. Use a tissue or your inner elbow, not your hands.



**Stay home if you are sick** and avoid close contact with others.



**Think ahead** about how to take care of yourself and your loved ones.

