

• Help Prevent the Spread of • Respiratory Viruses

• Including the Flu and Coronavirus



- **STAY HOME IF**
- **YOU ARE SICK**
- and contact your supervisor.



- **WASH YOUR HANDS**
- **OFTEN WITH SOAP**
- **AND WATER**
- for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.



- **COVER YOUR COUGH**
- **OR SNEEZE WITH A**
- **TISSUE**
- then throw the tissue in the trash. Follow with hand washing or sanitizing. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.



- **AVOID CLOSE**
- **CONTACT**
- with people who are sick.



- **CLEAN AND DISINFECT**
- frequently touched objects and surfaces such as cell phones, keyboards and doorknobs.



- **AVOID TOUCHING**
- **YOUR EYES, NOSE AND**
- **MOUTH**
- with unwashed hands.