

STOP THE SPREAD OF VIRUSES



Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60 percent alcohol if soap and water are not available.



Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid close contact with people who are sick.



Stay home when you are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.