

Help prevent the spread of respiratory diseases like COVID-19

Avoid close contact with people who are sick



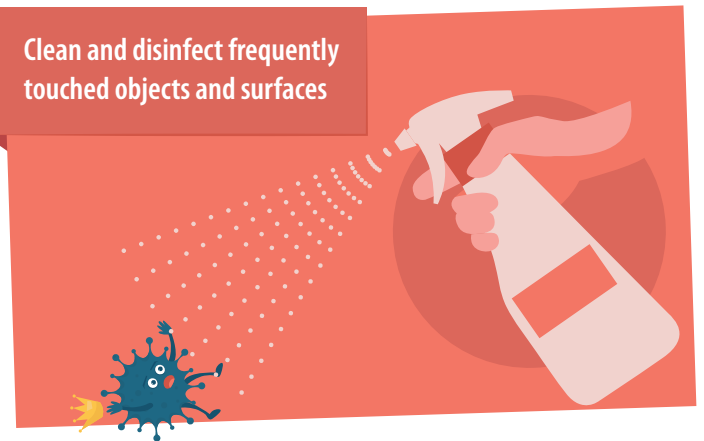
Cover your cough or sneeze with a tissue, then throw the tissue in the trash



Avoid touching your eyes, nose, and mouth



Clean and disinfect frequently touched objects and surfaces



Wash your hands often with soap and water for at least 20 seconds



Stay home when you are sick. Get in touch with a doctor or health service by phone



If you have flu symptoms, use a face mask to avoid infecting others



Avoid crowds and unnecessary travels

