

WORRIED ABOUT FLU OR CORONAVIRUS?

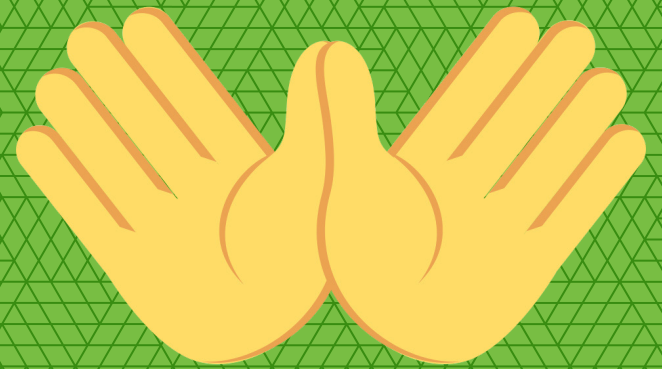
# HELP FIGHT THE SPREAD OF ILLNESS



**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.

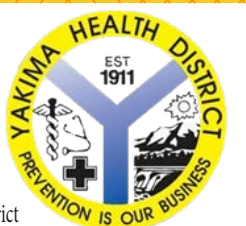


## IF YOU FEEL SICK, STAY HOME

FROM WORK, SCHOOL, OR OTHER ACTIVITIES  
AND AVOID CLOSE CONTACT WITH OTHERS.



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adapted from Snohomish Health District