STOP the SPREAD
Take these simple actions every day to help prevent the spread of respiratory viruses.

- Wash your hands often with soap and water for at least 20 seconds — especially after using the bathroom or blowing your nose, and before eating.
- In addition to soap and water, or if soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your cough or sneeze into your elbow or a tissue.
- Don’t touch your eyes, nose or mouth with unwashed hands.
- Stay away from people who are sick.
- Stay home when you are sick.
- Clean and disinfect objects and surfaces regularly.
- If you think you are sick, call your doctor and ask what you should do.