

# 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.