Washing your hands is the best protection:

- Use soap and water
- Wash for at least 20 seconds

Use hand sanitizer
- Alcohol-based
- When washing is not an option

Avoid close contact:
- With people who are sick or may appear under the weather
- Stay home when you are sick. Do not expose others.

Face masks:
Those showing symptoms of these diseases should wear a mask to help prevent the spread of the disease.
Wearing a mask is not recommended for those who are well, it will not protect you.

Cover your cough or sneeze:
Use a tissue then
- Trash the tissue
- Wash your hands
Into your elbow
- When a tissue is not available

Clean and disinfect often:
With a household cleaning product, wipe
- Frequently touched objects
- Regularly used surfaces

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