**PREVENTIVE MEASURES FOR FLU AND COVID-19**

**Wash your hands.**
- Wash your hands often with soap and water for at least 20 seconds.
- When hand washing is not an option, use a hand sanitizer with at least 60% alcohol.

**Avoid contact.**
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.

**Wear a face mask**
**ONLY if you have symptoms.**
- If you are well, face masks will NOT protect you.

**Cover your cough and sneeze.**
- Cover your cough or sneeze with a tissue, then throw the tissue away and wash your hands.
- When a tissue is not available, cough or sneeze into your elbow and wash your hands.

**Clean and disinfect surfaces regularly.**
- Use a regular household cleaning spray or wipe to disinfect frequently used objects like keyboards, doorknobs, phones, etc.

*Source: Centers for Disease Control and Prevention*