



## Wash your hands

frequently with soap and running water for at least 20 seconds.

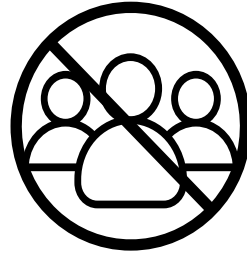
Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not readily available.



## Use face masks

if you are coughing or sneezing.

If you are healthy, you only need to wear a mask if you are taking care of a person with a suspected infection.

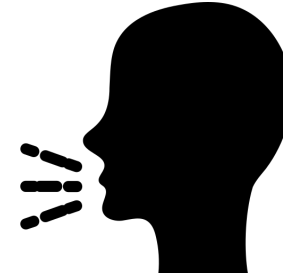


## Avoid close contact

with people who are sick.

Stay home when you are sick. Do not expose others.

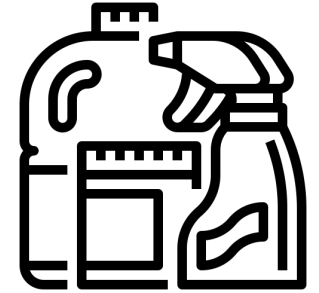
If you have fever, cough and difficulty breathing, seek medical care early and call in advance.



## Cover your cough or sneeze

with a tissue, or into your flexed elbow when tissue is not available, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.



## Clean and disinfect

frequently touched objects and surfaces using a regular cleaning spray or wipe.