

Prevent Respiratory Illness

Stopping this is up to you. Be prepared, be protected.

Hand Hygiene

Frequent hand hygiene helps prevent spread of infection. Wash hands or use alcohol hand sanitizer if soap and water are not available.



Respiratory Hygiene

Wear a mask. Cover your nose and mouth when you sneeze or cough. Throw away tissues after use and perform hand hygiene.



Surface Hygiene

Routinely clean and disinfect frequently touched surfaces to protect others.



See Doctor

If you suspect illness, see your doctor to help reduce severity.



Many people are impacted by the spread of infection

Social

Distancing

Stay home if sick, minimize contact with others/groups, and keep your distance until 24 hours after fever is gone.



Don't Touch

Avoid touching your eyes, nose, or mouth, as this provides an easy route for viruses into the body.



Eat Healthy

Proper nutrition and staying properly hydrated boosts your immune system.



Act Healthy

Frequent exercise, getting proper amounts of sleep, and managing stress boosts your immune system and speeds recovery.