KEEP ILLNESS FROM SPREADING

- **Wash your hands** frequently with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.

- **Avoid touching** your eyes, nose and mouth with unwashed hands.

- **Cover your face** when you cough and sneeze with a tissue, then throw the tissue in the trash.

- **Clean and disinfect** frequently touched objects and surfaces using a regular household cleaning spray or wipe.

- **Stay home** and rest when you are ill. Avoid close contact with people who are ill. Contact a medical professional with concerns.