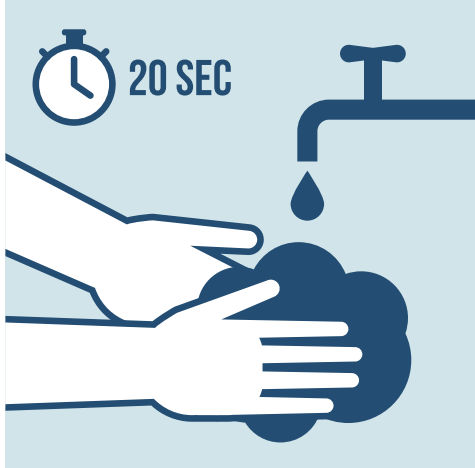


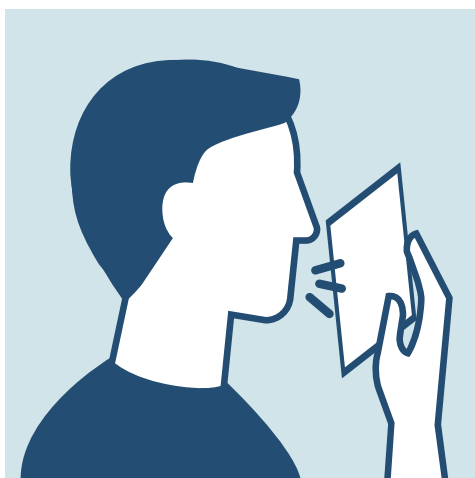
# Follow these easy steps to help prevent the spread of infections.



◀ Washing your hands often with soap and water for at least 20 seconds.



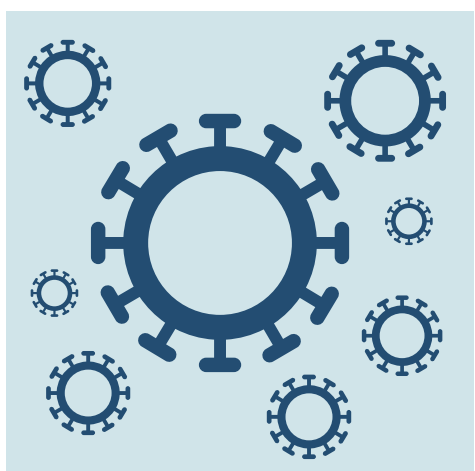
◀ Staying home when you are sick.



◀ Covering your cough or sneeze.



◀ Cleaning and disinfecting frequently touched objects and surfaces.



COVID-19 and the flu spread when an infected person coughs or sneezes. Prevent the spread of these and other respiratory illnesses by washing your hands, covering your cough or sneeze, stay home when you are sick, and clean frequently touched objects and surfaces.