STOP THE SPREAD



Prevention for respiratory illnesses are similar. To help prevent infections:

STAY UP TO DATE WITH COVID-19 AND FLU VACCINES.



PRACTICE PROPER HAND HYGIENE.

STAY HOME WHEN YOU'RE FEELING SICK.

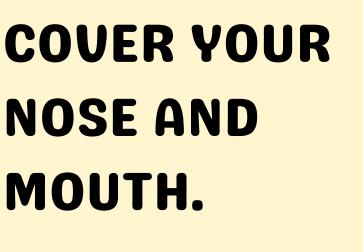
ASK YOUR HEALTHCARE PROVIDER ABOUT TESTING & TREATMENT OPTIONS.



WASH HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS.



CLEAN AND DISINFECT HIGH-TOUCH SURFACES OFTEN.



USE A TISSUE WHEN COUGHING OR SNEEZING.



CONSIDER WEARING A WELL-FITTING MASK IN CROWDED INDOOR SPACES.

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