

PREVENT ILLNESS



There are many steps you can take to prevent illness and protect the health of yourself and those around you. Practice the everyday preventive actions below to focus on hygiene and help reduce your risk of getting sick.

PREVENTION



Avoid close contact with those that are sick and stay home if you are not feeling well



Wash your hands often with soap and water for at least 20 seconds



Use hand sanitizer with at least 60% alcohol if soap and water are unavailable



Cover coughs and sneezes with a tissue



Clean frequently touched surfaces and objects on a daily basis



Avoid touching your eyes, nose, and mouth