

# STAY HOME WHEN SICK



**Cover your mouth**



**Wash your hands**



**Don't touch your face**



## PREVENT GERMS



### Tips to help prevent the spread of germs:

1. Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
2. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
3. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
4. Clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. Avoid touching your eyes, nose or mouth. Germs can be spread when a person touches something that is contaminated with germs and then touches his/her eyes, nose, or mouth.
6. Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.