

# Help Prevent the Spread of Respiratory Viruses

Including the Flu and Coronavirus



## STAY HOME IF YOU ARE SICK

and contact your supervisor.



## WASH YOUR HANDS OFTEN WITH SOAP AND WATER

for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.



## COVER YOUR COUGH OR SNEEZE WITH A TISSUE

then throw the tissue in the trash. Follow with hand washing or sanitizing. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.



## AVOID CLOSE CONTACT

with people who are sick.



## CLEAN AND DISINFECT

frequently touched objects and surfaces such as cell phones, keyboards and doorknobs.



## AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

with unwashed hands.

Expect **more.**  
Benefit **more.**