



WHAT CAN I DO TO PROTECT MYSELF AND OTHERS FROM THE SPREAD OF RESPIRATORY INFECTIONS



WHEN YOU'RE SICK, STAY HOME

It's important to stay home when you're sick and limit contact with others, even for mild illnesses. If you have mild symptoms, there may be no need to go to a medical facility to see a doctor. Certain patients, such as older adults, pregnant women or those that have underlying health conditions should call their doctor for advice.



WASH YOUR HANDS

Wash your hands often with soap and water for at least 20 seconds. If soap and water is not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.



DON'T TOUCH YOUR FACE

Avoid touching your eyes, nose and mouth with unwashed hands.



AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK

Sick people can spread viruses through close contact with others such as hugging, kissing, shaking hands or sharing utensils.



CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES AND OBJECTS

Germs can build up on frequently touched objects such as phones, keyboards, remotes, doorknobs, light switches and children's toys.



USE A TISSUE

Cover your cough or sneeze with a tissue, then throw it in the trash. If you do not have a tissue, use your sleeve or elbow (not your hands).



HAVE A SUPPLY OF ESSENTIALS AT HOME

This includes water, food, essential hygiene items and medications. Plan for the possibility of business disruptions, school closures and modifications/cancellation of select public events.



GET YOUR FLU VACCINE

Protect yourself and your family, and reduce the potential strain on the healthcare system.



FACE MASKS ARE MOST EFFECTIVE WHEN USED APPROPRIATELY

It is not recommended that people who are well wear a mask to protect themselves unless a healthcare professional advises it. A face mask should be used by people who have symptoms to protect others from getting infected. Health workers and other people who are taking care of someone infected with a respiratory infections in a close setting should wear a mask.



STAY UPDATED ON TRAVEL HEALTH NOTICES AND AVOID NONESSENTIAL TRAVEL

Visit the CDC's website to stay up to date on the latest information: [cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov).