

PREVENTIVE MEASURES FOR **FLU + COVID-19**



Washing your hands is the best protection

Wash often

- Use soap and water
- Wash for at least 20 seconds

Use hand sanitizer

- Alcohol-based
- When washing is not an option



Avoid close contact

With people who are sick or may appear under the weather

Stay home when you are sick. Do not expose others.



Face masks

Those showing symptoms of these diseases **should wear a mask** to help prevent the spread of the disease.

Wearing a mask is not recommended for those who are well, it will not protect you.



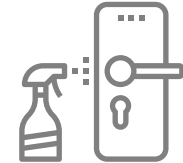
Cover your cough or sneeze

Use a tissue then

- Trash the tissue
- Wash your hands

Into your elbow

- When a tissue is not available



Clean and disinfect often

With a household cleaning product, wipe

- Frequently touched objects
- Regularly used surfaces

Contact your provider for more advice and call ahead if you plan to seek medical care.

