

# 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