

# Stop the spread of germs.

Help prevent the spread of respiratory illnesses like the flu and COVID-19.



Wash your hands often with soap and water for at least 20 seconds.



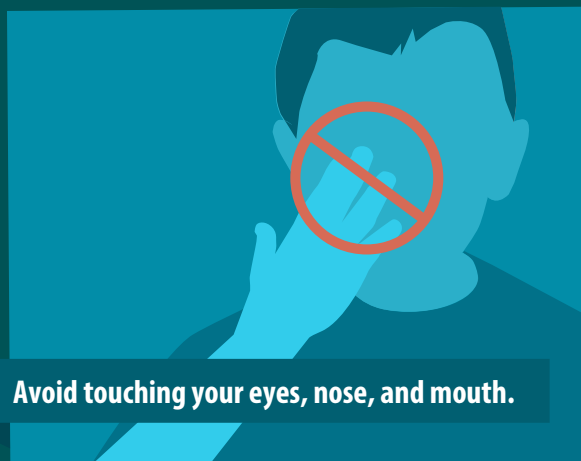
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.



Avoid close contact with people who are sick.



Avoid touching your eyes, nose, and mouth.



Stay home when you are sick, except to get medical care.

