Stop the spread of germs.

- **Wash your hands** often with soap and water for at least 20 seconds.
- **Cover your cough or sneeze** with your arm or inner elbow, NOT your hands.
- **Avoid close contact** with people who are sick.
- **Stay home when you are sick**, except to get medical care.
- **Avoid touching** your eyes, nose and mouth.
- **Clean and disinfect** frequently touched objects and surfaces.