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.