

# Prevent RESPIRATORY ILLNESS

## -it's in your hands!



Wash your hands often with soap and water. If you don't have soap and water, use an alcohol-based hand sanitizer.



Clean and disinfect frequently touched surfaces.



Stay home when you're sick, and keep your children home when they're sick.

Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



Try not to touch your face with unwashed hands.



Don't touch or shake hands with people who are sick.

