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.
- 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.
- Clean and disinfect frequently touched surfaces.
- Try not to touch your face with unwashed hands.
- Stay home when you’re sick, and keep your children home when they’re sick.
- Don’t touch or shake hands with people who are sick.

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