

Promote Everyday Prevention Actions

- ✓ Frequently wash your hands for 20 seconds or more with soapy water, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- ✓ If handwashing is unavailable, use alcohol-based hand sanitizer with at least 60% alcohol.
- ✓ Avoid touching your eyes, nose, or mouth with unwashed hands.
- ✓ Avoid close contact with people who are sick.
- ✓ Encourage employees to stay home when they are sick (except to visit a health care professional) and avoid close contact with others.
- ✓ Cover your mouth/nose with a tissue (then throw the tissue in the trash) or sleeve when coughing or sneezing.
- ✓ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

stay informed, stay healthy

