PROTECT YOURSELF & OTHERS

WASH YOUR HANDS FREQUENTLY
Be sure to wash your hands, including the backs and under your nails, for 20 seconds. Or use alcohol-based hand sanitizer.

DO NOT TOUCH YOUR FACE
Do not touch your eyes, nose, or mouth with unwashed hands.

CLEAN SURFACES REGULARLY
Clean commonly used surfaces such as phones, computers, desktops, countertops, cabinets and handles.

COUGH OR SNEEZE INTO YOUR ELBOW
Do not sneeze into your hand. If you use tissue, dispose of it right away.

STAY HOME WHEN YOU ARE SICK
Be safe. If you feel sick, stay home.

PREVENT THE FLU. GET VACCINATED.
Be sure to receive your flu vaccine as soon as possible.

WEAR A CLOTH FACE COVERING IN PUBLIC SETTINGS
The CDC recommends wearing cloth face coverings in public settings where social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies).