Protect Yourself from Coronavirus, Flu, and Colds

- Wash your hands frequently with soap and water. Use hand sanitizer if soap and water aren’t available. Wash for 20 seconds.

- If you cough or sneeze, do so in your elbow or tissue. If you use a tissue, dispose of immediately after use.

- Keep your hands away from your face as much as possible (eyes, nose, mouth).

- Avoid close contact with other individuals (don’t shake hands).