TIPS TO STAY HEALTHY

Some general precautions you can take to prevent the spread of viral respiratory infections like the flu or COVID-19:

- **WASH YOUR HANDS**
  - Frequently with soap and water or alcohol-based hand sanitizer, lather for at least 20 seconds

- **AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH**
  - With unwashed hands

- **COVER YOUR MOUTH AND NOSE**
  - With a tissue or your sleeve (not your hands) when coughing or sneezing

- **AVOID CLOSE, UNPROTECTED CONTACT**
  - With anyone with respiratory symptoms

- **CLEAN AND DISINFECT**
  - Frequently touched objects and surfaces with isopropyl alcohol

- **STAY HEALTHY:**
  - Stay hydrated, eat a balanced diet, get rest, avoid stress

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