

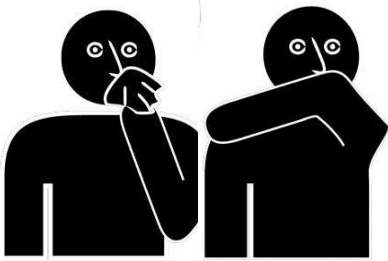
PROTECT YOURSELF

from Germs & Viruses



CLEAN YOUR HANDS

- Wash your hands often.
- Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth with unwashed hands.



COVER YOUR COUGH

- Use a tissue to cover your mouth and nose when you cough or sneeze.
- Cough or sneeze into your upper sleeve.



CONTAIN YOUR GERMS

- Put your used tissue in a wastebasket.
- Avoid close contact with people who are sick, or if you get sick, stay at home until you are well.