

PROTECT YOURSELF

YOU are your best defense against viruses and other infections.

Follow these simple tips to keep you and your family healthy:



Wash your hands regularly with soap and water, for 20 seconds.



Or, use a hand sanitizer that is at least 60% alcohol-based



Avoid touching your eyes, nose and mouth.



Avoid sharing food, cups or eating utensils.



Disinfect your home and belongings, such as children's toys and play areas.



Stay home from school or work if you are sick.



Cover your mouth and nose when coughing or sneezing with a tissue, your sleeve or your elbow and **NOT** your bare hands.



Get a flu shot.



*Source: Centers for Disease Control & Prevention (CDC)