PROTECT YOUR HEALTH!
Prevent and avoid the spread of infectious disease with these best practice health tips.

Symptoms of infectious disease can include:
- RUNNY NOSE
- FEVER
- SORE THROAT
- SHORTNESS OF BREATH
- HEADACHE

And can be spread by:
- PERSONAL CONTACT
- INFECTED SURFACES
- AIRBORNE TRANSMISSION

Prevent and avoid the spread:
- Wash hands with soap or sanitizer frequently and thoroughly
- Avoid touching your eyes, nose or mouth with unwashed hands
- Cover coughs or sneezes with your elbow or tissue if available
- Avoid close contact with people who are or appear to be unwell
- Disinfect shared or frequently touched surfaces and objects
- Dispose of dirty or used tissues or paper towels

For more information, please visit https://www.cdc.gov/