



# 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