



# PROTECT YOUR HEALTH!

## Stop The Spread OF GERMS



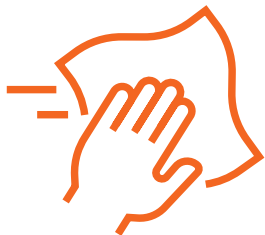
**Avoid close contact  
with people who  
are sick.**



**Cover your cough or  
sneeze with a tissue,  
then throw the  
tissue in the trash.**



**Avoid touching  
your eyes, nose,  
and mouth.**



**Clean and  
disinfect frequently  
touched objects  
and surfaces.**



**Wash your hands  
often with soap and  
water for at least  
20 seconds.**



**Stay home when you  
are sick, except to get  
medical care.**