

Preventative Measures

- **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
- **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw the tissue away after use and wash your hands. If a tissue is not available, cover your mouth and nose with your sleeve, not your hand.
- **Wash your hands often with soap and water**, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand rub.
- **Avoid touching your eyes, nose, or mouth.** Germs spread this way.
- **Clean and disinfect surfaces or objects.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.

What is the right way to wash your hands?

- ✓ Wet your hands with clean, running water, then turn off the tap and apply soap.
- ✓ Lather your hands by rubbing them together with the soap. Be sure to spread the lather between your fingers, under your nails and across the backs of your hands.
- ✓ Scrub your hands for at least 20 seconds. How long is that? Hum the "Happy Birthday" song from beginning to end—*twice!*
- ✓ Rinse your hands under clean, running water.
- ✓ Dry your hands using a clean towel or air dry them.