

HOW TO AVOID SPREADING THE VIRUS

**WASH YOUR HANDS:**

Often, with soap and water for at least 20 seconds, or use alcohol-based hand sanitizers

**COVER COUGHS & SNEEZES:**

Cover your mouth with a tissue, or use your elbow

**AVOID TOUCHING FACE:**

Pathogens picked up by your hands get into the body through mucous membranes on the face—eyes, nose and mouth—that act as pathways to the throat and lungs

REMEMBER: If you feel sick, stay home and call your medical provider