Help Keep Illness from Spreading

Take actions every day to help prevent the spread of respiratory viruses like cold and flu:

- Wash your hands often with soap and water for at least 20 seconds — especially after using the bathroom or blowing your nose, and before eating.

- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

- Cover your cough or sneeze into your elbow or a tissue.

- Don’t touch your eyes, nose or mouth with unwashed hands.

- Stay away from people who are sick.

- Stay home when you are sick.

- Clean and disinfect objects and surfaces regularly.

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