

COVID-19 Prevention

How to prevent flu and respiratory infections

There are general precautions you can take to prevent the spread of viral respiratory infections.

WASH YOUR HANDS OFTEN

- Use soap and water
- Wash for at least 20 seconds. Sing the ABC's while you do it!
- Make sure you scrub in-between your fingers
- Always wash your hands after:
 - Using the bathroom
 - Being in a public place
 - Before you eat
- If you don't have access to soap, use an alcohol-based hand sanitizer that is at least 60% alcohol based.



Did you know that flu and respiratory germs can spread to others from up to six feet away?

SNEEZE INTO YOUR ELBOW



- By sneezing into your elbow, you can prevent germs from going into the air and on your hands.
- Stay 3 feet away from anyone that is coughing or sneezing.

Small liquid droplets are sprayed during a cough or sneeze. Viruses like COVID-19 can be spread through these droplets.

COUGH INTO A TISSUE



- Then throw the tissue in the trash and wash your hands.

AVOID TOUCHING YOUR FACE

- Don't pick your nose
- Don't touch your mouth
- Don't rub your eyes

These are all places where germs can enter your body!



OTHER TIPS

- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using household cleaning sprays or wipes.
- Please, stay home when you are sick!



Sources:

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>
- CDC Video: <https://www.facebook.com/CDC/videos/829750400877436/>
- National Institutes of Health: <https://www.nih.gov/health-information/coronavirus>
- World Health Organization: <https://www.who.int/health-topics/coronavirus>
- World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>