

# CDC RECOMMENDED PREVENTATIVE MEASURES



Wash your hands often with soap & water for at least 20 seconds. If soap & water aren't available, use an alcoholic-based sanitizer that is at least 60% alcohol.



Avoid touching your eyes, nose and mouth.



Cover you cough or sneeze with a tissue, then throw the tissue in the trash. If a tissue is unavailable, sneeze or cough into your elbow.



Stay home when you are sick (except to get medical care).



Clean & disinfect frequently touched surfaces using a regular household cleaner spray or wipes.

