Wash your hands for 20 seconds with soap and water. If no soap is available, use an alcohol-based hand sanitizer.

Cover your mouth and nose with a tissue when you cough or sneeze. Put used tissue in the wastebasket.

If you don't have a tissue, cough or sneeze into your upper sleeve or elbow not your hands.

Stay home if you're sick.

STOP

The spread of germs that can make you and others sick.