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Protect yourself from all infectious diseases by using these precautions.



Stay home when you are sick



Wash hands often with soap and water – 20 seconds or longer



Avoid contact with people who are sick



Get adequate sleep and eat well-balanced meals



Dry hands with a clean towel or air dry your hands



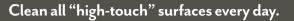
Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces

**Call before visiting** 

your doctor



Cover your mouth with a tissue or sleeve when coughing or sneezing



High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

**Clean and disinfect "high** 

touch" surfaces often



## **Social Distancing** for Infectious Disease

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Social distancing measures are taken to restrict when and where people can gather to stop or slow the spread of infectious diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

