

To Protect Yourself
and Others

STOP THE SPREAD OF INFECTION!

Stay home if you are sick

- Stay home until you have no fever and symptoms have been improving for 24 hours (48 hours if you have nausea, vomiting and/or diarrhea)
- For 10 days from when symptoms began, wear a mask when out in public



Clean your hands

- With soap and water or alcohol-based hand rub for 20 seconds



Cover your cough or sneeze

- With a tissue or in your sleeve



Vaccinations

- Stay up-to-date with all recommended vaccinations

