

PROTECT YOURSELF AND THOSE AROUND YOU FROM RESPIRATORY ILLNESS

Use multiple layers of protection to reduce your risk of respiratory illness for yourself & others



Stay up to date
with all of your
vaccinations



Screen daily for
respiratory
symptoms &
stay home if sick



Cover your coughs,
sneezes & avoid
touching your face



Wash your hands
often or use hand
sanitizer



Clean and disinfect
surfaces & shared
items



Wear a tight-
fitting, well-
constructed
mask in indoor
public settings



Choose well-
ventilated indoor
spaces or spend
time outdoors