

Prevent RESPIRATORY ILLNESS

-it's in your hands!



Wash your hands often
with soap and water.



Clean and disinfect
frequently touched
surfaces with
a bleach solution.



Stay home when you're sick,
and keep your children home
when they're sick.

Cover your mouth and nose
with a tissue when you cough
or sneeze. If you don't have a
tissue, cough or sneeze into
your upper sleeve or elbow, not
your hands.



Try not to touch your face
with unwashed hands.



Don't touch or shake hands
with people who are sick.

