Prevent the spread of Respiratory Illnesses

The Centers for Disease Control and Prevention & Imperial County Public Health Department recommend daily preventative actions to reduce the spread of respiratory viruses.

- **Wash hands** at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- **Cover your mouth & nose** with your sleeve or a tissue, when you cough or sneeze.
- **Clean and disinfect** frequently used surfaces; door knobs, countertops, keyboards, and phones to remove germs.
- **Stay home** when you are sick.
- **Get vaccinated** to protect yourself and your family.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.
- **Avoid close contact** with people who are sick.

For more information, call (442) 265-1444 or visit www.icphd.org.