



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.



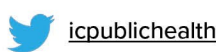
Avoid close contact

with people who are sick.

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.

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



www.cdc.gov

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