



## **WHAT CAN WE DO TO STOP THE SPREAD OF ILLNESS?**

Currently, there is lots of talk about the latest virus that is spreading around the world. Anytime that any virus, flu, or disease is spreading, each person has to take the proper precautions to prevent any further spread. Here are some tips that we can EACH follow to be proactive and reduce the spread of any illness:

- **WASH HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS—ESPECIALLY AFTER USING THE BATHROOM, BLOWING YOUR NOSE, AND BEFORE EATING**
- **ALWAYS COVER YOUR COUGH OR SNEEZE INTO YOUR ELBOW OR TISSUE.**
- **STAY AWAY FROM PEOPLE WHO ARE SICK.**
- **STAY HOME WHEN YOU ARE SICK.**
- **CLEAN AND DISINFECT OBJECTS/SURFACES REGULARLY.**
- **DO NOT TOUCH YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS.**

You can get free handwashing posters to hang up at home by clicking [here](#).