

COVID-19 and Flu Prevention

WAYS TO MINIMIZE EXPOSURE



WASH HANDS FREQUENTLY

Washing hands frequently—and using an alcohol-based hand sanitizer when soap and water are not available—helps protect against the spread of germs.



AVOID CLOSE CONTACT WITH OTHERS WHO ARE SICK

Limiting contact with others who are sick helps prevent the spread of germs.



CLEAN, DISINFECT AND SANITIZE SURFACES

Cleaning and disinfecting commonly touched surfaces helps prevent the spread of germs.



COVID-19 ONLY

INCREASE INDOOR VENTILATION

Bring in outdoor air as much as possible. Ventilation and filtration provided by HVAC systems can reduce the airborne concentration of the virus that causes COVID-19.

TOP TIPS FOR STAYING HEALTHY

STAY HOME WHEN SICK

Isolating helps protect others from catching an illness.



COVER YOUR MOUTH AND NOSE WHEN SNEEZING

Coughing and sneezing into your elbow or tissue helps prevent airborne transmission.



WEAR A MASK AS ADVISED

Masks help slow the transmission of illnesses. Make sure it covers both your nose, mouth and chin.



GET VACCINATED

Getting the flu vaccine is critical in helping prevent the seasonal flu; the COVID booster shot can help reduce the risk of COVID.



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