

# 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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