

How to Prevent Catching & Spreading Illness

Follow these tips to prevent yourself from catching a contagious virus and from potentially spreading a virus to others.



Wash your hands with soap for at least 20 seconds.

To avoid catching or spreading illness, wash hands 1) before touching your eyes, nose or mouth; 2) after blowing your nose, sneezing or coughing; and 3) before and after helping someone who is sick.

Use hand sanitizer when water and soap aren't available.

Use hand sanitizer that is at least 50% alcohol. Rub sanitizer on hands, fingertips, thumbs, back of hands and between fingers until hands feel dry (about 20 seconds).



Avoid touching your eyes, nose and mouth with unwashed hands.

Cover your mouth with your elbow or a tissue when sneezing or coughing.



Throw used tissues into the trash immediately after use. If left around they can spread illness.



Avoid close contact with people who are sick.

If you are caring for an ill loved one make sure to wash your hands often and avoid touching your face. If you are ill, stay home and try to stay 1 meter from others to prevent spreading illness.

Wear a face mask to cover your coughs and sneezes



Monitor your symptoms and seek medical attention if your symptoms worsen or don't improve.

Stay home if you are sick.

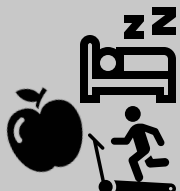
If feeling unwell, stay home from work, keep children home from school, and stay in as much as possible. Wash your hands frequently and disinfect surfaces, including: kitchen surfaces, doorknobs, light switches, remote controls, etc.



Clean frequently touched items.

Viruses can live on items for hours to days. Clean or avoid frequently touched items like: phones/tablets, keyboards, doorknobs, light switches, hand rails, kid's toys, etc.

Prevent illness by getting enough rest, exercise, and nutrient rich foods.



For more information on communicable diseases and their prevention visit:

Centers for Disease Control (CDC): <https://www.cdc.gov/>
California Department of Public Health: <https://www.cdph.ca.gov/>