

## RESPIRATORY ILLNESS PREVENTION



Wash hands with soap and water or alcohol-based hand rub



Wear a well-fitted medical mask or KN95 in crowded, indoor settings



Stay home if you are sick



Make sure your immunizations are up to date



Keep high touch surfaces clean (phones, light switches, door handles, etc.)



Cover your mouth and nose with a tissue or your upper sleeve when coughing or sneezing

