

# AVOID SPREADING DISEASES



- Cover your mouth and nose with a tissue when coughing or sneezing and dispose of it properly after using. This will avoid spreading droplets from your nose or mouth that may contain germs.
- Wash your hands often with water and soap for 15 to 20 seconds. Lather the backs of your hands and nails. Dry your hands with a paper towel and use it to turn off the water faucet and to open the door; then, throw it away in the trash can. If there is no water and soap, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth. That's how germs spread.
- Avoid close contact with people who are sick.
- Get plenty of rest if you get sick. That way you will avoid getting others sick.
- Clean and disinfect commonly used surfaces and objects, especially door knobs.