Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use an ALCOHOL-BASED hand sanitizer.

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

Cover your cough or sneeze with a tissue then throw the tissue in the trash.

Avoid close contact with people who are sick.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick.