

# Protect yourself and others from getting sick

## Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



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# Wash your hands

Wash your hands with soap and running water when hands are **visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



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# Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue – throw tissue away immediately and wash hands.



Throw tissue into a closed bin immediately after use

**Clean hands** with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



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# Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough, and difficulty breathing **seek medical care early** and share previous travel history with your health care provider.



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