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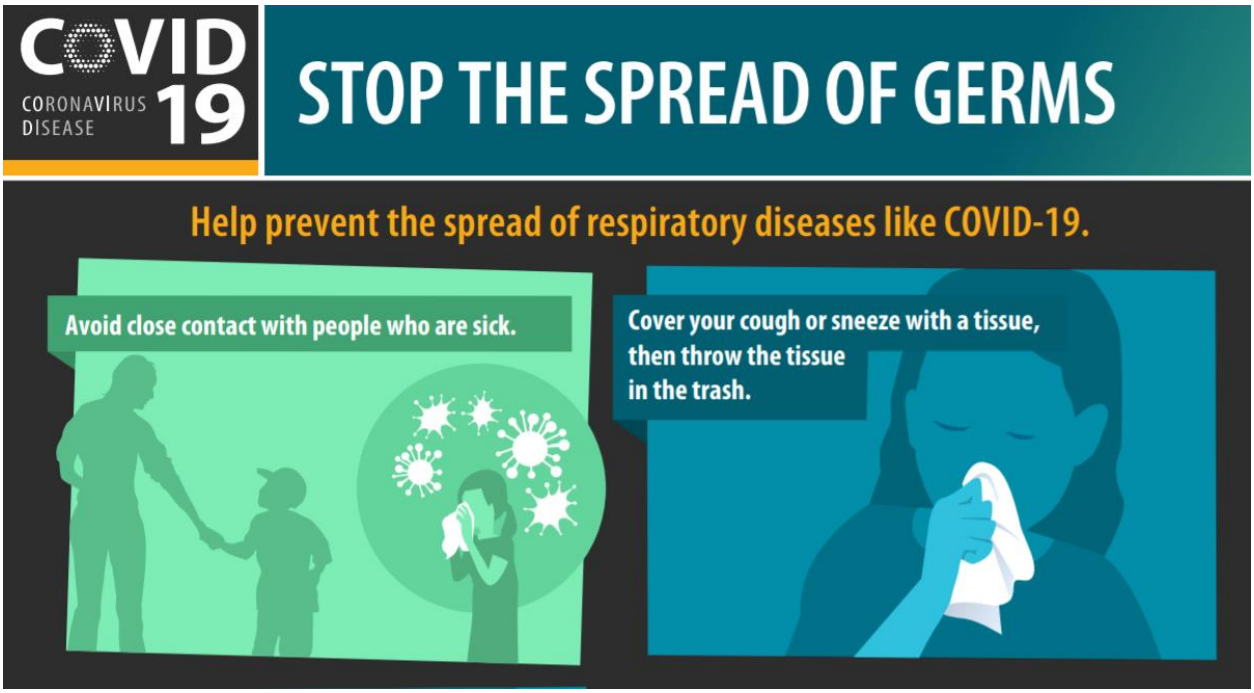
TIPS FOR STAYING HEALTHY

STOP THE SPREAD OF GERMS



Learn how to prevent the spread of respiratory diseases like COVID-19. Follow the tips from the Centers of Disease Control and Prevention (CDC).

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

For more information, visit: **www.cdc.gov/COVID19**

View the COVID-19 prevention poster here.

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6 Together We Can Fight the Flu

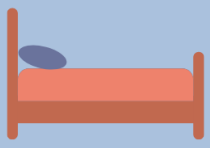
Six Tips to Stay Healthy this Flu Season!

Cover Your Sneeze and Cough

Cover your mouth and nose with a tissue or sleeve. Not your hands.

Stay Home If You're Sick

This helps to keep the flu from spreading to others. Stay home if you are sick.



Get the Flu Vaccine

The flu vaccine is the first step in protecting yourself.

Wash Your Hands

Wash your hands with soap and water for 20 seconds and use hand sanitizer.

Avoid Sick People

Do your best to avoid sick people to keep you from getting sick too.

Avoid Touching Your Eyes, Nose, and Mouth

Avoid touching your eyes, nose, and mouth as much as possible.

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KNOW HOW CORONAVIRUS IS SPREAD

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
    - Between people who are in close contact with one another (within about 6 feet).
    - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

WHAT YOU NEED TO KNOW ABOUT HANDWASHING

Click here to play the handwashing video.

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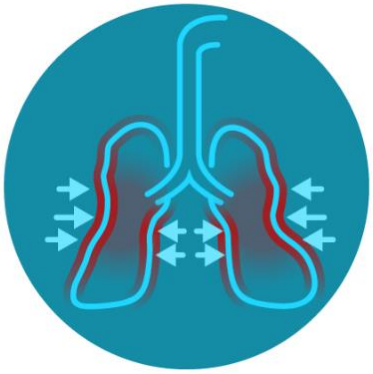
WHAT ARE THE SYMTOMS OF COVID-19



Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

These symptoms may appear **2-14 days after exposure** (based on the incubation period of MERS-CoV viruses).

- Fever
- Cough
- Shortness of breath

Click here to view video on Coronavirus symptoms.

WANT TO LEARN MORE? VISIT CORONAVIRUS.GOV TO LEARN MORE.