

Protect yourself from all infectious disease by using precautions



Stay home when you are sick



Avoid contact with people who are sick



Get adequate sleep and get well balanced meal



Wash hands often with soap and water for 20 seconds or longer and dry hand with a clean towel or air dry



When a cloth face cover when going out in public



Avoid touching your eye, nose or mouths with unwashed hands or after touching surface



Cover your mouth with a tissue or sleeve when coughing or sneezing



Clean and disinfected "high touch" surfaces often



Call before visiting your doctor

Clean all "High-touch" surfaces every day

The High touch surface includes counter, tabletops, doorknob, bathroom fixtures, toilets, phones, keyboards, tables. Use a household cleaning spray or wipe, according to label instructions, label contains instructions for safe and effective use of the cleaning product.

