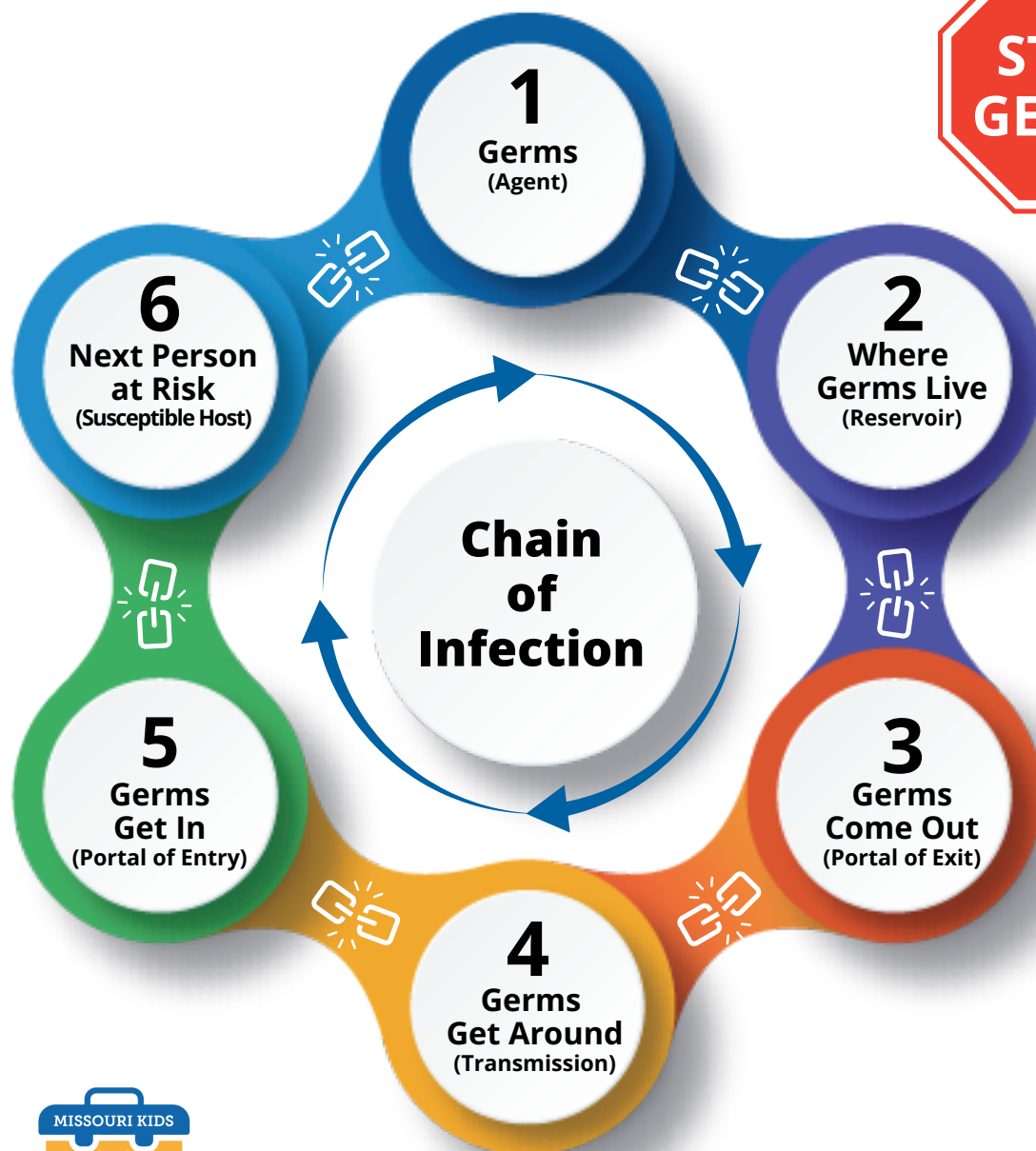




# Break the Chain of Infection



## How can YOU stop germs from spreading?

Wash your hands frequently with soap and water.

Identify and treat illness.

Use hand sanitizer if you can't wash.

Clean and disinfect to kill germs on surfaces.

Cover your coughs and sneezes with a tissue or your elbow.

Clean and cover cuts, scrapes, or other breaks in skin.

Stay home when you're sick.

Open windows or filter indoor air.

Get lots of rest, exercise, and healthy food.

Try not to touch your eyes, nose, and mouth.

Get required and seasonal vaccinations.

Treat chronic or underlying conditions.