

# Take Care

## EVERYONE'S HEALTH DEPENDS ON IT



### Clean your hands.

Washing your hands well and often is one of the best ways to prevent viruses. Lather up for 20 seconds with soap and water or use an alcohol-based sanitizer.



### Cough and sneeze into your sleeve.

Hands spread germs; keep them clean.



### Keep commonly touched surfaces clean.

All frequently touched surfaces and items should be kept clean using a household disinfectant.



### Stay home if you're sick.

Don't spread your germs. If your symptoms get worse, call your health care provider.



### Get immunized.

Talk to your health care provider.



Porcupine

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