



Hand Hygiene

is the *most* important thing you can do to prevent the spread of disease.

- Cover your nose and mouth when coughing or sneezing
- Use a tissue and dispose of once used
- Always perform hand hygiene after coughing, sneezing, or disposing of tissues
- Keep your hands away from your mouth, nose, and eyes
- Avoid contact with individuals at risk or already visibly sick
- Ask people to use a tissue and cover their nose and mouth when coughing or sneezing and to wash their hands afterwards
- Perform hand hygiene immediately if you come in contact with blood or body fluids from another person

