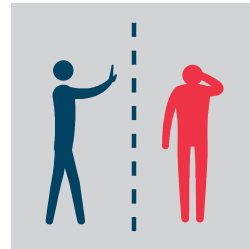


# Take Preventative Actions

Everyday actions can prevent the spread of respiratory viruses. Protect yourself and others with these tips:



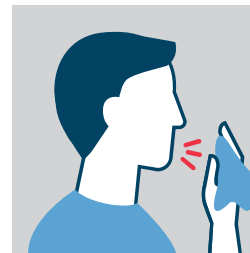
**WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS. IF SOAP AND WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HAND RUB WITH AT LEAST 60% ALCOHOL.**



**AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.**



**CLEAN AND DISINFECT SURFACES AND OBJECTS THAT ARE USED OFTEN, SUCH AS CELLPHONES, DOOR KNOBS, AND LIGHT SWITCHES.**



**COUGH OR SNEEZE INTO YOUR ELBOW OR COVER YOUR NOSE AND MOUTH WITH A TISSUE.**



**AVOID TOUCHING YOUR FACE.**



**IF YOU DO BECOME SICK, STAY HOME AND LIMIT CONTACT WITH OTHERS IN YOUR HOME AS MUCH AS POSSIBLE.**

For more information about how to avoid getting sick or spreading respiratory illnesses to others, visit our Coronavirus Resource page: [UNCHealthcare.org/coronavirus](https://UNCHealthcare.org/coronavirus)