

Protect yourself from illness

Follow these simple suggestions to decrease your risk of flu, Coronavirus Disease (COVID-19), or other respiratory illness:



Wash your hands with soap and water for at least 20 seconds



Cover cough with a tissue, throw tissue in trash, and wash hands



Avoid touching eyes, nose, and mouth



Clean and disinfect objects and surfaces touched frequently



Avoid close contact with those who are sick



Get your flu shot



If you do get ill, stay home, except to get medical care

Learn more about what you can do:
chomp.org/flu
chomp.org/coronavirus
cdc.gov



Community Hospital
of the Monterey Peninsula
Montage Health