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