

How to Prevent the Spread of Coronavirus, Colds, Flus, and Other Illnesses

Tip 1

Keep your hands clean at all times by washing them with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.

Tip 2

Don't touch your face until you've cleaned your hands.

Tip 3

If you need to cough or sneeze, use a tissue and throw it away immediately. If a tissue is unavailable, sneeze or cough into your elbow.

Tip 4

Get a flu shot to protect against contracting the flu.

Tip 5

Disinfect any objects and surfaces which you regularly use or touch, especially your cell phone.