

# BE SMART **STAY HEALTHY**

To protect yourself and loved ones, here are some things you can do:



**Avoid close contact with people who are sick**



**Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands**



**Wash your hands with soap and water frequently**



**Use hand sanitizer (with at least 60% alcohol), if soap and water are not available**



**Try not to touch your eyes, nose, and mouth with unwashed hands**

