

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



Planned Parenthood of
Southwestern Oregon