

# Prevent the Spread of Infections



**Get vaccinated, if possible.**



**Stay home when sick. If you can't, wear a mask and avoid crowded spaces and close contact with others.**



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



**Cough or sneeze into your elbow or a tissue. Discard tissues immediately.**



**Clean and disinfect frequently touched surfaces, especially when someone is sick.**



**Wear a mask when sick, seasonally, or in poorly ventilated, crowded spaces.**