



## 5 Ways to Avoid the Flu

(and other respiratory viruses – like coronavirus)



### 1. Keep your hands clean

Wash your hands often with soap and warm water for at least 20 seconds. In between hand-washings, use an alcohol-based hand sanitizer that contains at least 60% alcohol.



### 2. Don't touch your face

Avoid touching your eyes, nose, or mouth with unwashed hands.



### 3. Cover your cough

Cover your mouth and nose when you cough or sneeze.



### 4. Clean common areas

Clean and disinfect objects and surfaces you touch often like countertops and door handles.



### 5. Stay home if you are sick

Stay home if you are sick. When you need to seek medical care, utilize your virtual care resources\* to avoid putting others at risk of catching your illness.

*\*If the issue is life-threatening, call 911 or visit your local emergency room.*