

# ***How To Avoid The***



***Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.***



***Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.***



***Avoid touching your eyes, nose or mouth.***



***Stay home if you get sick***

***Follow public health advice regarding school closures and avoiding crowds.***

***Develop a family emergency plan as a precaution.***

***Call 1-800-CDC-INFO for more information***