

Help Prevent the Spread of Respiratory Illnesses

Like COVID-19, RSV, and Flu

Stay away from others
if you feel sick.



Cover your coughs or
sneezes with a
tissue. Then
throw out the
tissue and
wash your
hands.



Avoid
touching
your eyes,
nose,
and
mouth.



Get fresh air!



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



Tell an adult
if you don't
feel well.



Stay home when
you are sick,
except to go to
the doctor.

