

WORRIED ABOUT FLU OR CORONAVIRUS?

# HELP FIGHT THE SPREAD OF ILLNESS

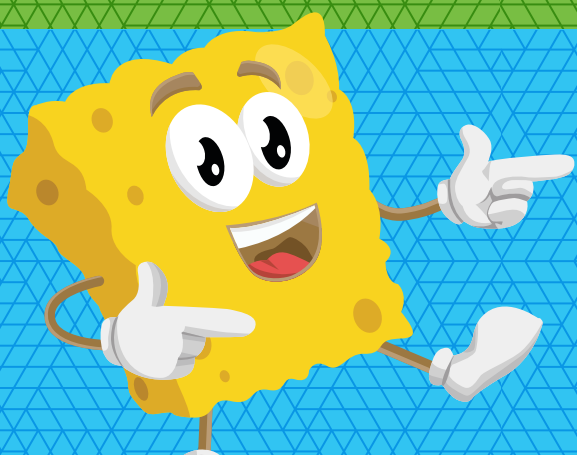


## WASH HANDS OFTEN

WITH WARM WATER AND SOAP FOR AT LEAST 20 SECONDS. HAND SANITIZER IS GOOD IN A PINCH.

## KEEP HANDS AWAY

FROM MOUTH, NOSE OR EYES TO AVOID TRANSFERRING GERMS.



## CLEAN AND DISINFECT

FREQUENTLY USED SURFACES LIKE COUNTERS, LIGHT SWITCHES, DOORKNOBS, AND REMOTES.

## COVER COUGHS & SNEEZES

WITH A TISSUE, THEN THROW TISSUE AWAY AND WASH YOUR HANDS.



## IF YOU FEEL SICK, STAY HOME

FROM WORK, SCHOOL, OR OTHER ACTIVITIES AND AVOID CLOSE CONTACT WITH OTHERS.



FOR MORE INFORMATION GO TO:  
[WWW.SNOHD.ORG/NCOV2019](http://WWW.SNOHD.ORG/NCOV2019) OR  
[WWW.SNOHD.ORG/FLU](http://WWW.SNOHD.ORG/FLU)



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