



RECOMMENDATIONS

In keeping with the CDC's guidance, we encourage you to reinforce the everyday preventative actions for preventing the flu and other viruses:

- Cover your cough and sneezes with a tissue or into your sleeve, not your hands;
- Avoid touching your eyes, nose and mouth;
- Wash hands often with soap and water- for at least 20 seconds, especially before eating or after going to the bathroom, blowing your nose, coughing or sneezing;
- Stay home when you are sick;
- Avoid people who are sick
- Clean and disinfect frequently- touched surfaces and objects.



Prevention

- Wash your hands often.
- Cover your cough/sneeze with a tissue.
- Don't touch your eyes, nose, or mouth.
- Avoid close contact with sick people.
- Clean and disinfect high-touch surfaces often.
- Stay home when you are sick.

Symptoms

- Fever
- Cough
- Shortness of breath



Spreads

Through close personal contact with a sick person.
Symptoms may show up 2-14 days later.