

# Important steps to prevent the spread of many respiratory illnesses, including COVID-19 and the flu:

- ⇒ Stay home while you are sick.
- ⇒ Never visit a hospital or long-term care facility if you have an illness with fever or cough.
- ⇒ Cover your coughs and sneezes with a tissue and then throw the tissue in the trash.
- ⇒ Wash your hands often with soap and water for 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- ⇒ Avoid close contact with people who are sick.
- ⇒ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ⇒ Clean and disinfect surfaces that are often touched.
- ⇒ Take care of your health overall. Staying current on your vaccinations, including flu vaccine, eating well and exercising all help your body stay resilient.
- ⇒ Consult CDC's travel website for any travel advisories and steps to protect yourself if you plan to travel outside of the US.

**Most people with COVID-19 have mild symptoms. If you become sick with mild symptoms and do not need to seek medical care, stay at home while you recover.**

**If you become sick and plan to seek care, please call ahead to your doctor's office so arrangements can be made to prevent exposing others.**

## Toll-free COVID-19 Helpline

1-866-462-3821