Stop the spread of germs.



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



Cover your cough or sneeze with your arm or inner elbow, NOT your hands.



Avoid close contact with people who are sick.



Stay home when you are sick, except to get medical care.



Avoid touching your eyes, nose and mouth.



Clean and disinfect frequently touched objects and surfaces.





www.publichealth.columbus.gov www.myfcph.org