Stop the Spread of Germs
Help prevent the spread of respiratory viruses like COVID-19 and flu.

What are the symptoms?
- Fever
- Cough
- Shortness of Breath

How is it prevented?
- Wash hands often
- Avoid touching eyes, nose, or mouth with unwashed hands
- Avoid contact with sick people
- Stay home while you are sick; avoid others
- Cover mouth/nose with a tissue or sleeve when coughing or sneezing
- Clean and disinfect frequently touched objects and surfaces