

YOU CAN HELP KEEP ILLNESS FROM SPREADING

Here are 6 things you can do every day to help prevent the spread of respiratory viruses like cold and flu. These same prevention tips also apply to coronavirus (COVID-19):

- 1. Cover your coughs and sneezes using your elbow or a tissue.**
- 2. Avoid touching your eyes, nose, and mouth as much as possible.**
- 3. FREQUENT HAND WASHING with soap and water for at least 20 seconds, especially after using the restroom, blowing your nose, and before you eat.**

If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- 4. Clean and disinfect objects and surfaces regularly.**
- 5. Stay away from people who are sick.**
- 6. Stay home when you are sick.**

**FOR MORE INFORMATION,
GO TO WWW.DPHHS.MT.GOV.**