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.