

# The best steps to protect against infectious diseases including influenza are proper handwashing and wearing surgical masks

## Wash your hands the right way

- Wash your hands with water, then lather with soap and scrub them for at least 20 seconds, then rinse with water
- Do not touch your face, eyes, or nose without washing your hands.
- When you cannot wash your hands, use an alcohol-based disinfectant.

## Wearing surgical masks

- When you go outside, wear a surgical mask covering your mouth and nose.
- When you come inside wash your hands



## Steps each of us can take to protect against the coronavirus!

## Cough Etiquette

- When you sneeze or cough, cover your mouth with a tissue and wash your hands well afterwards.
- Do not cough on or in the direction of other people.



## If you have a fever or a cough

- If you have a fever or respiratory symptoms such as coughing, call your nearest health care center.
- When you go to the hospital, call them ahead of time and wear a mask.

