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

Clean your hands often with an alcohol-based hand rub or wash them with soap and water for at least 20 seconds.*

Cover your mouth and nose with bent elbow or tissue when you cough or sneeze. Dispose the used tissue immediately.*

Clean and disinfect frequently touched objects and surfaces.

Avoid close contact with people who are sick.

Avoid touching eyes, nose and mouth

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

Clean your hands often with an alcohol-based hand rub or wash them with soap and water for at least 20 seconds.*