

Protect yourself and others from getting sick.



Cover your mouth and nose with flexed elbow tissue when coughing and sneezing



Avoid close contact with others when you have a cold and fever.



Throw tissue away immediately after use and into closed bin.



Avoid sitting in **public areas**.



Clean your hands with alcohol-based hand rub or soap and water.



Seek medical care if you have a fever, cough and difficulty breathing.



Clean your hands after caring for the sick.



Share previous travel history with your healthcare provider.

*Stay informed. Stay in the **healthy zone**.*