Protect yourself and others from getting sick.

- **Cover your mouth and nose** with flexed elbow tissue when coughing and sneezing.
- **Throw tissue away immediately after use** and into closed bin.
- **Clean your hands** with alcohol-based hand rub or soap and water.
- **Clean your hands** after caring for the sick.
- **Avoid close contact with others** when you have a cold and fever.
- **Avoid sitting in public areas.**
- **Seek medical care** if you have a fever, cough and difficulty breathing.
- **Share previous travel history** with your healthcare provider.

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