

## PREVENTIVE MEASURES

Look at the picture and put the measures in the correct places.

Avoid close contact

Washing your hands is the best protection

Face masks

Cover your cough or sneeze

Clean and disinfect often

### Preventive measures for

### FLU + COVID-19



**Wash often**

- Use soap and water
- Wash for at least 20 seconds

**Use hand sanitizer**

- Alcohol-based
- When washing is not an option



**With people who are sick or may appear under the weather**

**Stay home when you are sick. Do not expose others.**



**Those showing symptoms of these diseases should wear a mask to help prevent the spread of the disease.**

**Wearing a mask is not recommended for those who are well, it will not protect you.**



**Use a tissue then**

- Trash the tissue
- Wash your hands

**Into your elbow**

- When a tissue is not available



**With a household cleaning product, wipe**

- Frequently touched objects
- Regularly used surfaces

