

1. Match the precautions: Protect yourself from all infectious diseases by using these precautions.



1. Stay home when you are sick.
2. Avoid contact with people who are sick.
3. Get adequate sleep and eat well-balanced meals.
4. Wash hands often with soap and water 20 seconds or longer.
5. Dry hands with a clean towel or air dry your hands.
6. Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces.
7. Cover your mouth with a tissue or sleeve when coughing or sneezing.
8. Clean and disinfect "high touch" surfaces often.
9. Call before visiting your doctor.



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