

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

