

REDUCE YOUR RISK

PRACTICE EVERYDAY PREVENTATIVE ACTIONS

1



COVER COUGHS

Cover your nose and mouth with a tissue when you cough/sneeze. Throw the tissue in the trash after you use it.

2



WASH HANDS

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

3



LIMIT CONTACT

Do not eat or drink after others or share e-cigarettes. Try to avoid close contact with sick people.

4



DISINFECT OBJECTS

Disinfect common, shared household objects (computer mouse and keyboard, telephone, television remote control, etc.)