

HELP PREVENT THE SPREAD OF RESPIRATORY DISEASES



Wash your hands often with soap and warm water for at least 20 seconds. Avoid touching your face.



Clean and disinfect frequently touched objects and surfaces.



Cover your mouth and nose with a cloth face cover when out in public. Stay at least 6 feet away from people. Wash regularly.



Cough and sneeze into your upper sleeve or cover your cough or sneeze with a tissue, then throw in the trash. Wash hands.



Stay home when you are sick, except to get medical care. Call ahead before you visit your doctor or emergency room.



Avoid contact with people who are sick.

For more information: oakgov.com/health