

Preventing the Spread of Respiratory Illnesses



Minimize close contact with sick persons.

Avoid touching your mouth, nose and eyes.

Wash your hands.

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.



1. Wet your hands.



2. Use soap.



3. Lather and scrub for
at least 20 seconds.



4. Rinse hands.



5. Dry hands.

Use hand sanitizer with at least 60% alcohol.

Use alcohol-based sanitizer when soap and water are not readily available. Do not use sanitizer if your hands are visibly dirty or greasy.

Cough and sneeze into a tissue or your elbow.

Learn more at [Lung.org/viruses](https://www.lung.org/viruses)