



Healthy Respiratory Practices

Stop the spread of infections that make you and others sick!

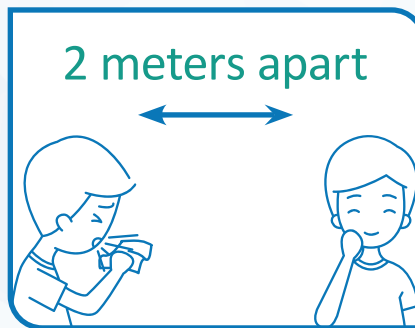
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things you can do to protect yourself and those around you



Stay home if you are sick

This will help so you do not spread any contagious respiratory illnesses to others.



If you are sick, avoid close contact with others



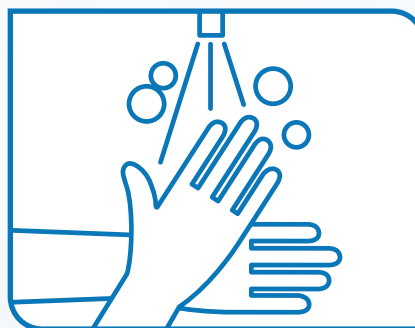
Wear a mask in public spaces

Wearing a well-fitted mask remains one of the best ways to protect yourself and others from COVID-19.



Turn & Cover

Turn and cover your nose and mouth for every cough or sneeze with a disposable tissue. If not available, cough or sneeze into your elbow.



Wash your hands

Wash your hands after coughing, sneezing or blowing your nose. Use alcohol based sanitizer if no soap immediately available.



Clean/Disinfect

In your home, clean/disinfect any surfaces or objects you or others might have touched while sick.