

WORRIED ABOUT FLU OR CORONAVIRUS?

HELP FIGHT THE SPREAD OF ILLNESS



WASH HANDS OFTEN

WITH WARM WATER AND SOAP FOR AT LEAST 20 SECONDS.
HAND SANITIZER IS GOOD IN A PINCH.

KEEP HANDS AWAY

FROM MOUTH, NOSE OR EYES TO AVOID
TRANSFERRING GERMS.

CLEAN AND DISINFECT

FREQUENTLY USED SURFACES LIKE COUNTERS, LIGHT
SWITCHES, DOORKNOBS, AND REMOTES.

COVER COUGHS & SNEEZES

WITH A TISSUE, THEN THROW
TISSUE AWAY AND WASH YOUR HANDS.

IF YOU FEEL SICK, STAY HOME

FROM WORK, SCHOOL, OR OTHER ACTIVITIES AND AVOID
CLOSE CONTACT WITH OTHERS.

FOR MORE INFORMATION GO TO:
WWW.SNOHD.ORG/NCOV2019 OR WWW.SNOHD.ORG/FLU



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG