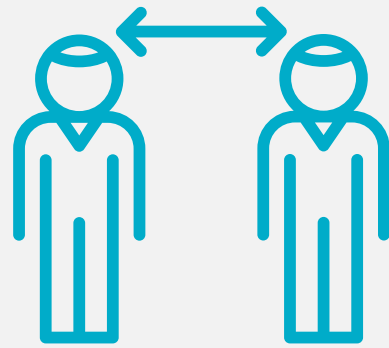


# Take steps to prevent the spread of germs and viruses



**Wash your hands** with soap and water for at least 20 seconds.



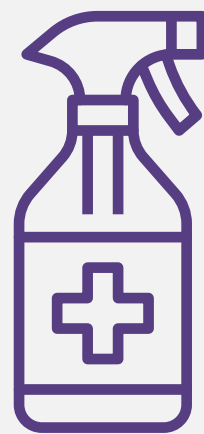
**Avoid close contact with people** and shaking hands. Use other noncontact methods of greeting.



**Stay home if you are sick** except to get medical care.



**Cover coughs and sneezes** with a tissue or the inside of your elbow.



**Clean and disinfect** frequently touched surfaces daily.



**Don't share a toothbrush or mouthwash** and replace your toothbrush after you are sick.