# How to Protect Yourself and Others

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What measures are you taking to prevent the spread of illness?

To find additional ,Health Service s information, visit www.L

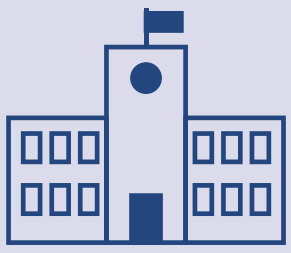
## Keeping my child and family well

*Preventative tips to help control the spread of illness*

Avoid touching your eyes, nose, and mouth with unwashed hands.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

Avoid close contact with people who are sick, and stay home when you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently-touched objects and surfaces.