

Help prevent the spread of respiratory viruses like COVID-19 and flu.

## What are the symptoms?



**Fever**



**Cough**



**Shortness of breath**

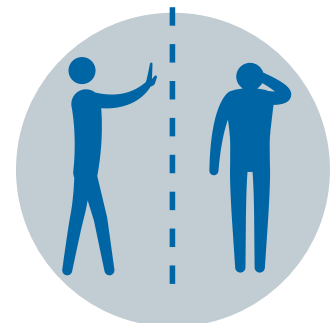
## How is it prevented?



**Wash hands often**



**Avoid touching eyes,  
nose or mouth with  
unwashed hands**



**Avoid contact  
with sick people**



**Stay home while you are  
sick; avoid others**



**Cover mouth/nose with  
a tissue or sleeve when  
coughing or sneezing**



**Clean and disinfect  
frequently touched  
objects and surfaces**