blue*health* SOLUTIONS

Healthy habits can protect everyone from getting or spreading germs. Simple actions like covering your mouth and nose and washing your hands often, can stop germs and prevent illnesses.

- **Avoid close contact** with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

- If possible, **stay home from work, school and errands when you are sick.** Your actions may help to prevent others from getting sick.

- **Cover your mouth and nose** with a tissue when coughing and sneezing. Be sure to put your used tissue in the wastebasket.

- **Wash your hands often** with soap and warm water, taking care to wash your hands for at least 15–20 seconds. When soap and water are not available, alcohol-based hand wipes or gel sanitizers may also be used.

- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

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