Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and COVID-19:

- **Wash your hands often** with soap and warm water, or use an alcohol-based gel.
- **Avoid touching** your eyes, nose and mouth.
- **Clean things that are frequently touched** (like doorknobs and countertops) with household cleaning spray or wipes.
- **Cover your mouth** when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- **Stay home if you are sick** and avoid close contact with others.
- **Think ahead** about how to take care of yourself and your loved ones if the virus starts spreading in the community. Visit [mass.gov/KnowPlanPrepare](http://mass.gov/KnowPlanPrepare) for a preparedness checklist.

For more, visit: [www.mass.gov/2019coronavirus](http://www.mass.gov/2019coronavirus)