**AVOID CROWDS**

**WHEN:**
- If you feel sick
- If you feel healthy
- Until the epidemic is over in your area

**HOW:**
- "Crowd" means any big group of people
- "Big" means you can't keep 6 feet (2m) apart
- Avoid shaking hands
- Important even if you are healthy!

**DO:** Stay in bed
**DO:** Watch TV
**DON'T:** Use public transport

**STAY HOME IF YOU'RE SICK**

**WHEN:**
- Fever
- Cough
- Shortness of breath

**HOW:**
- Stay at home, even after symptoms are gone until a doctor says it's ok
- Call doctor first before seeking care
- Avoid public areas, school, or work
- Don't use public transit, taxis, or ride share services
- Wear a mask if you have to go out

**DO:** Use hand sanitizer
**DON'T:** Touch your face

**CLEAN FREQUENTLY USED SURFACES**

**WHEN:**
- Once a day
- After heavy use
- When used by someone sick

**HOW:**
- Soap and water will work
- Cleaning alcohol, if at least 70%
- Household bleach diluted 4 teaspoons (20mL) per quart (950mL)

**IN TO A TISSUE OR HANDKERCHIEF**
**IN TO YOUR SLEEVE OR ELBOW**

**COVER COUGHS AND SNEEZES**

**WHEN:**
- If you're sick
- If you have allergies
- If you cooked with too much pepper

**HOW:**
- Put used tissues in the trash
- Wash your hands right away

**CLEAN YOUR HANDS OFTEN**

**WHEN:**
- Entering a building
- Getting home
- Using the bathroom
- Being in a crowd
- Sneezing or coughing
- Taking the bus, train, ride share, or subway
- Before eating or making food

**HOW:**
- Soap and water is best
- Hand sanitizer is ok
- Both sides of your hands
- Under your nails
- Between your fingers
- Don't forget thumbs
- Dry completely