

PROTECT YOURSELF AND THOSE AROUND YOU FROM RESPIRATORY ILLNESS

Assess your own personal risk level. Consider your age, health status & the setting.



Get your flu shot and stay up to date with COVID-19 vaccination



Screen for symptoms of respiratory illness daily & stay home when you are sick



Follow proper respiratory etiquette by covering your mouth and nose



Wash your hands often with soap & water or use hand sanitizer



Clean and disinfect surfaces & shared items



Consider wearing a tight-fitting, well-constructed mask in public indoor settings