

## HELP PREVENT THE SPREAD OF RESPIRATORY DISEASES LIKE COVID-19.



A person with brown hair is wearing a white surgical mask. To their right, a red circle contains several white, spiky virus particles.

**Avoid close contact with people who are sick.**



A person is coughing into a white tissue held over their mouth. A circular inset on the right shows a hand dropping a used tissue into a blue trash can.

**Cover your cough or sneeze with a tissue, then throw the tissue in the trash.**



A hand is shown with a white bandage wrapped around the wrist, indicating avoidance of touching the face.

**Avoid touching your eyes, nose, and mouth.**



A hand is holding a red spray bottle and spraying a blue liquid onto a surface.

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



A person is lying in bed, covered with a blue blanket, appearing to be resting or sick.

**Stay home when you are sick, except to get medical care.**



Two hands are being washed under a stream of water from a faucet, with soap suds visible.

**Wash your hands often with soap and water for at least 20 seconds.**

*This document is for general information only and is not intended to provide, and should not be relied upon for, medical or other advice in any particular circumstance or fact situation.*

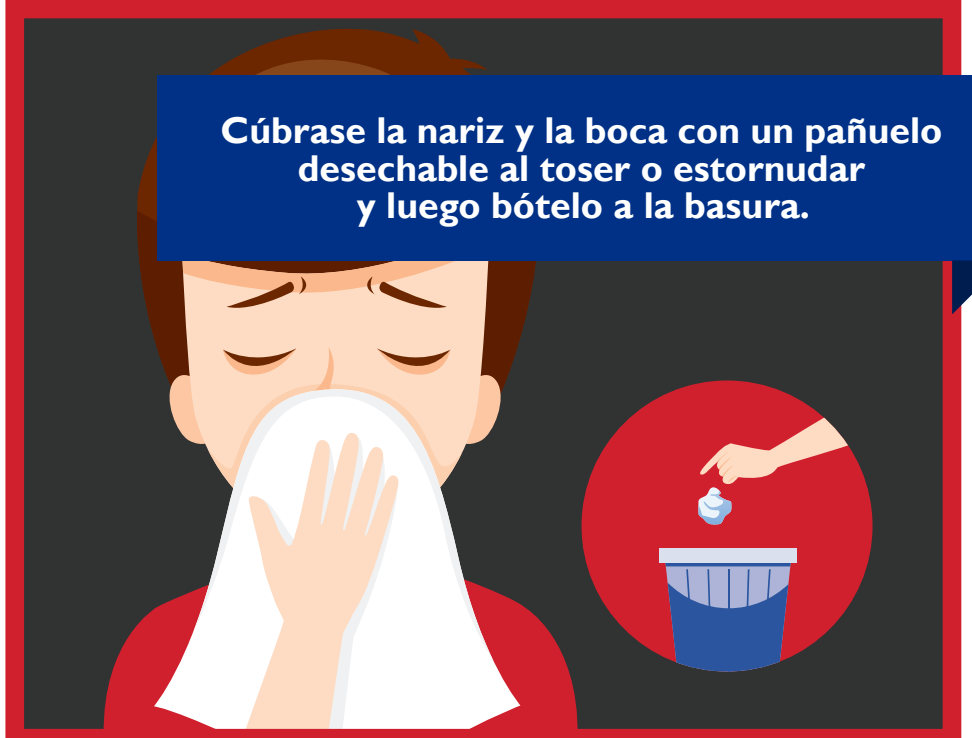
**SOURCE: [CDC.GOV/COVID19](https://www.cdc.gov/covid19)**



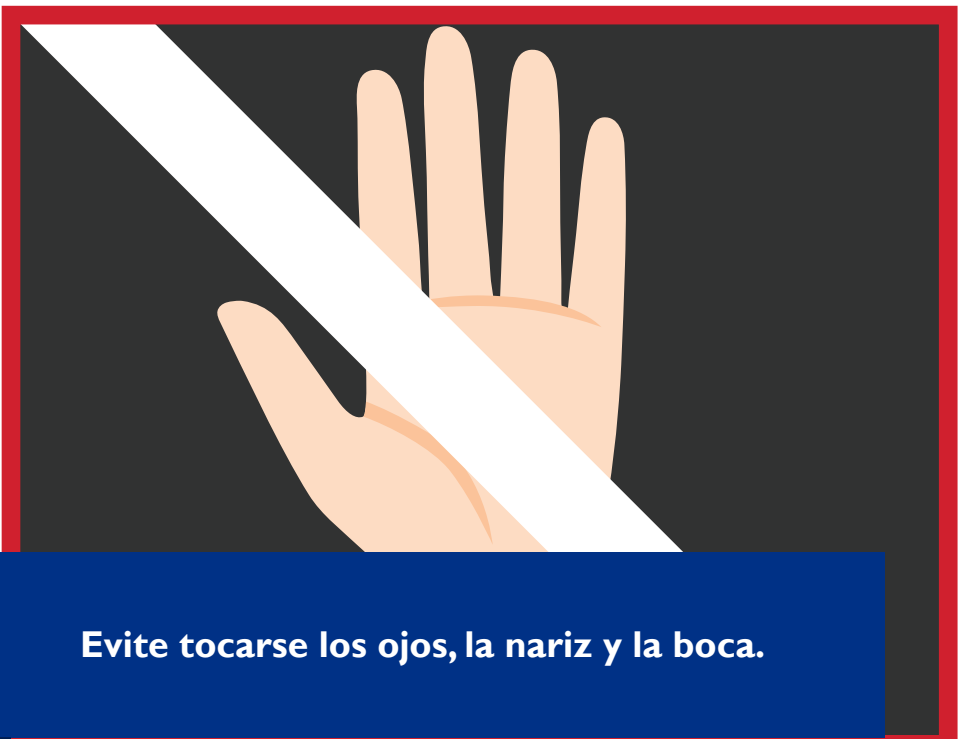
## AYUDE A PREVENIR LA PROPAGACIÓN DE ENFERMEDADES RESPIRATORIAS COMO EL COVID-19



Evite el contacto cercano con las personas enfermas.



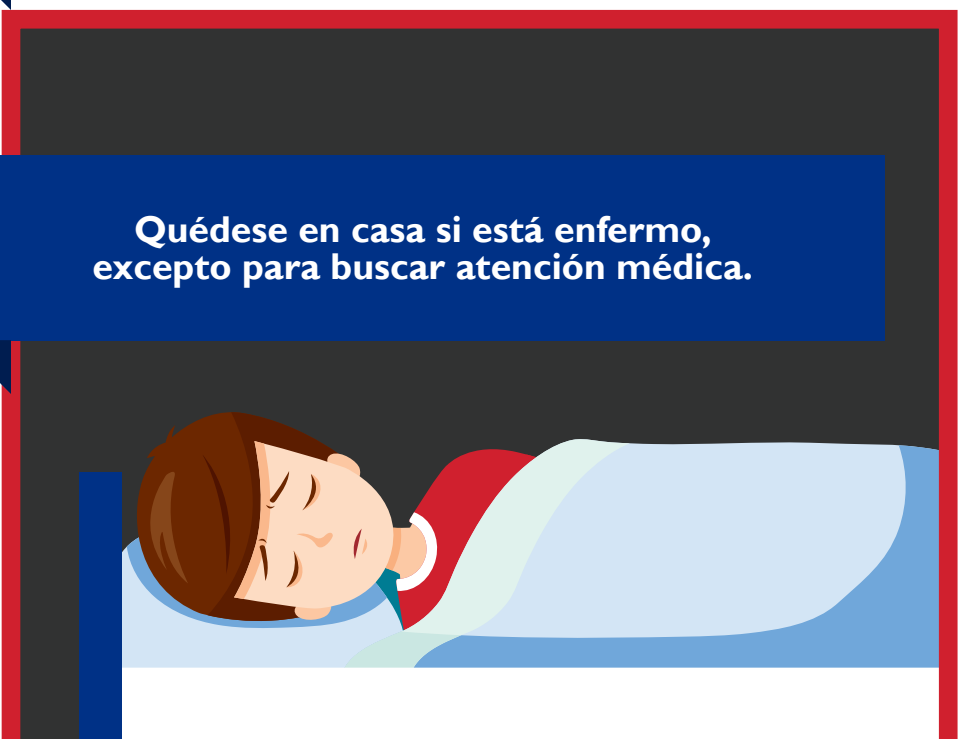
Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelo a la basura.



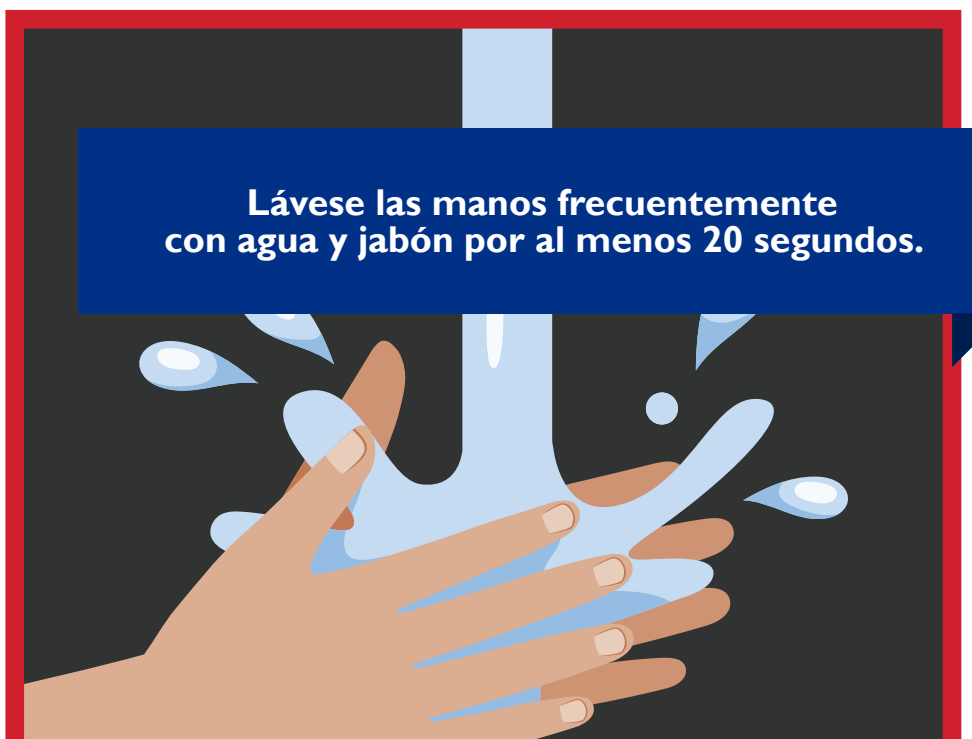
Evite tocarse los ojos, la nariz y la boca.



Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.



Quédese en casa si está enfermo, excepto para buscar atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.