

# PREVENT THE SPREAD

Respiratory tract infections like influenza and COVID-19 (coronavirus), are transmitted through **coughing and sneezing**. Please protect yourself and others by taking these measures.



Wash your hands frequently for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.



When coughing or sneezing, cover your mouth with a clean tissue and discard or cough into your sleeve.



When you are sick or have had respiratory or flu-like symptoms **DO NOT VISIT.**

Thank you for observing these critical steps in helping us keep our residents and team members healthy.

*New Perspective.*