Prevent RESPIRATORY ILLNESS — it’s in your hands!

FloridaHealth.gov

**SOAP**

Wash your hands often with soap and water. If you don’t have soap and water, use a hand sanitizer that is at least 60% alcohol based.

**Cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.**

**Clean and disinfect frequently touched surfaces.**

Try not to touch your face with unwashed hands.

**Don’t touch or shake hands with people who are sick.**

**Stay home when you’re sick, and keep your children home when they’re sick.**