Help prevent the spread of respiratory diseases like COVID-19

- Avoid close contact with people who are sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently touched objects and surfaces
- Stay isolated at least two weeks if you are experiencing fever of coughing
- Wash your hands often with soap and water for at least 20 seconds

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