HELP STOP THE SPREAD OF ILLNESS

WASH YOUR HANDS + STAY HOME IF YOU ARE ILL

- Stay home if you are sick. Avoid contact with others who are ill.

- Frequently wash your hands with soap and water, especially after toilet visits and changing diapers and before eating or preparing food.

- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based household cleaner.

- Immediately remove and wash clothing or linens that may be contaminated with virus after an episode of illness (use hot water and soap).

- Flush or discard any vomitus and/or stool in the toilet and make sure that the surrounding area is kept clean.

Persons experiencing symptoms of nausea, vomiting, diarrhea should not prepare food while they have symptoms and for 3 days after they recover from their illness. Food that may have been contaminated by an ill person should be disposed of properly.