

# 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.**