How to Stop the Spread of a Virus

A virus is a germ that can make you sick.

Wash Your Hands

**Why?** Your hands get germs when you touch things. If you do not wash your hands germs can make you or others sick.

- Use soap and water.
- Scrub hands with soap for 20 seconds.
- Wash after being in public places – example: grocery store or playground.
- Always wash your hands before you touch your face.

Practice Social Distancing: Stay away from others when you or others may be sick.

**Why?** Being close to people when you or someone else is sick can spread germs.

- Stay 6 feet away from other people.
- **Do not** get together with 10 or more people at the same time.

**Most important, stay home** when you are sick or if you know many people are sick. Staying home to rest can help you feel better.
Cover Your Cough and Sneezes

**Why?** Germs can spread from very small drops of water that come out of your mouth. These germs last on surfaces and can make others sick.

- Use your elbow or a tissue to cover your cough and sneezes.
- **Do not** use your hands.
- Wear a face mask if you are sick.

Clean

**Why?** Germs can stay on surfaces for several days.

- Clean surfaces in your home.
- Use cleaners or disinfectants that kill viruses such as:
  - Clorox Disinfecting Wipes
  - Clorox Clean-Up Cleaner + Bleach
  - Lysol Disinfectant Spray
  - Lysol Multi-Purpose Cleaner with Bleach
  - Lysol Multi-Purpose Cleaner with Hydrogen Peroxide
  - Purell Multi Surface Disinfectant Spray
  - Microban 24 Hour Multi-Purpose Cleaner

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