



PROTECT YOURSELF

Help prevent the spread of respiratory diseases like **COVID-19**.



Frequently wash hands with warm soapy water for at least 20 seconds; alcohol-based hand rubs are acceptable when hand washing is not available



Avoid close contact with those showing cold- or flu-like symptoms



Cover coughs and sneezes with elbow



Get a flu shot if you haven't had one yet



Stay home if sick

For more information, go to www.weldhealth.org