Stop the spread of germs.

- **Wash your hands** often with soap and water for at least 20 seconds.

- **Cover your cough or sneeze** with your arm or inner elbow, NOT your hands.

- **Avoid close contact** with people who are sick.

- **Stay home when you are sick,** except to get medical care.

- **Avoid touching** your eyes, nose and mouth.

- **Clean and disinfect** frequently touched objects and surfaces.

www.publichealth.columbus.gov
www.myfcph.org