Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and COVID-19:

**Wash your hands often** with soap and warm water, or use an alcohol-based gel.

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

**Clean things that are frequently touched** (like doorknobs and countertops) with household cleaning spray or wipes.

**Cover your mouth** when you cough or sneeze. Use a tissue or your inner elbow, not your hands.

**Stay home if you are sick** and avoid close contact with others.

**Think ahead** about how to take care of yourself and your loved ones if the virus starts spreading in the community. Visit mass.gov/KnowPlanPrepare for a preparedness checklist.

For more, visit: [www.mass.gov/2019coronavirus](http://www.mass.gov/2019coronavirus)