



Washing your hands with soap and water is still one of the best ways to prevent diseases.



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Protect yourself against illness and infections.

- ✓ **Wash hands thoroughly with soap and warm water for 20 seconds, especially after using the restroom.**
- ✓ **Cover your nose and mouth when you cough or sneeze, wash hands immediately.**
- ✓ **Avoid touching your eyes, nose, or mouth, germs spread this way.**
- ✓ **If you are sick with influenza symptoms, stay home and limit contact with other people.**