STOP THE
spread of germs

Help prevent the spread of respiratory illnesses like the common cold, flu, and COVID-19.

You will minimize the spread of germs and help keep yourself and others safe with these tips:

PRACTICE GOOD HEALTH HABITS

Master good hygiene habits to reduce your risk of getting sick this year. **Avoid close contact with those who are sick if you can. Remember to disinfect high-touch surfaces often and do not touch your eyes, nose, and mouth to reduce the spread of germs.**

WASH YOUR HANDS

Keeping your hands clean is an easy and effective way to help stop the spread of germs and disease. **Wash your hands often with water and soap for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol when soap and water are unavailable.**

STAY HOME IF YOU GET SICK

Allow yourself to recover by getting plenty of rest, hydrating, and staying home when you are sick. Wait at least 24 hours after your last fever has ended without the use of fever-reducing medication and check with your doctor or workplace before returning to work.

According to the CDC, getting vaccinated is your best defense against the flu and/or COVID-19. Vaccines decrease your risk of severe illness and protect others. Visit your medical plan website to locate an in-network pharmacy near you.