

REDUCE YOUR RISK OF

INFECTION:



Cover nose and mouth when coughing and sneezing with tissue or flexed elbow
Clean hands after coughing or sneezing.



Avoid close contact with anyone with cold or flu-like symptoms



Clean hands with soap and water or alcohol based hand rub



Wash your hands with soap and water when hands are visibly dirty



If your hands are not visibly dirty, wash them with soap and water or alcohol based hand rub

SARAYA