

1.



2.



3.



4.



Stop the Spread:

Here are four important steps you should take to Stop the Spread by practicing good respiratory etiquette:

1. Cover your mouth and nose with a tissue when sneezing or coughing.
2. If you don't have a tissue, use the inside of your elbow.
3. Throw used tissues in the trash immediately.
4. Wash your hands with soap and water for at least 20 seconds afterward.