Together We Can Stay Healthy!

6 TIPS to help prevent respiratory illness

1. Stay home when you are sick, except to get medical care.
2. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
3. Wash your hands often with soap and water for at least 20 seconds.
4. Clean and disinfect frequently touched objects and surfaces.
5. Avoid touching your eyes, nose, and mouth.
6. Avoid close contact with people who are sick.

The health and safety of our Best Buddies attendees, participants, volunteers and employees is our highest priority. Please help Best Buddies prevent the spread of germs by adhering to the following preventative actions as recommended by the CDC. Click here for more information.

www.cdc.gov