

Together We Can Stay Healthy!

6 TIPS
to help prevent
respiratory illness

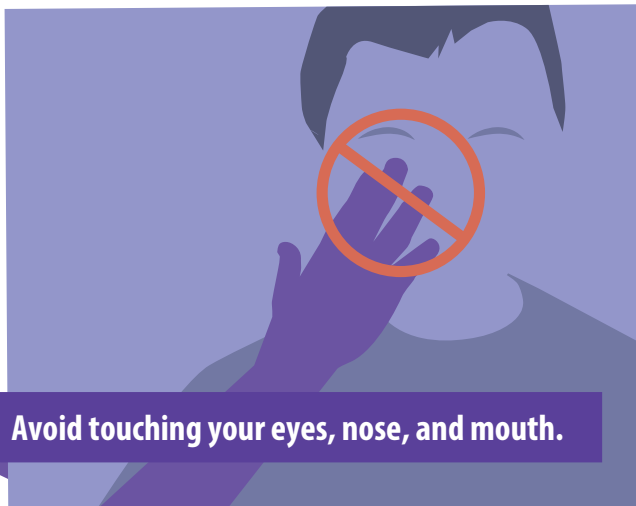
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



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