

Help Stop The Spread



1

Cover Your Cough.

Cover your mouth and nose with a tissue when you cough or sneeze. Or, cough or sneeze into your inner elbow.

2

Clean Your Hands.

Clean your hands often with soap and water or hand sanitizer, especially after coughing or sneezing.

3

Wear a Mask.

4

Avoid Touching Your Face.

Avoid touching your face and your mask to avoid spreading germs.

5

Stay Home When Sick.

Call your healthcare provider to see if you need to be evaluated.



Beth Israel Lahey Health