

WORRIED ABOUT FLU OR
CORONAVIRUS?

BE A PUBLIC HEALTH SUPER HERO!

HELP
FIGHT
THE SPREAD OF
ILLNESS!



Remember! Call
before you seek
medical attention!
#CallBeforeYouGo



*Adapted from the "Stop the Spread of Illness" poster by Snohomish Health District.



**WASH HANDS
OFTEN**

WITH WARM WATER AND SOAP
FOR AT LEAST 20 SECONDS.

HAND SANITIZER WORKS IF
YOU DON'T HAVE SOAP AND
WATER



**IF YOU FEEL
SICK, STAY HOME**



FROM WORK,
SCHOOL, OR OTHER
ACTIVITIES AND
AVOID CLOSE
CONTACT WITH
OTHERS



**CLEAN
AND
DISINFECT**

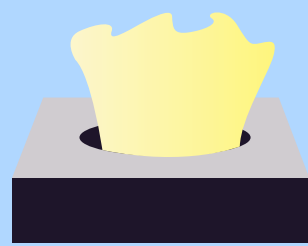
FREQUENTLY USED
SURFACES LIKE
COUNTERS, LIGHT
SWITCHES,
DOORKNOBS, AND
REMOTES



**COVER
COUGHS
AND SNEEZES**



WITH A TISSUE,
THEN THROW
AWAY AND
WASH YOUR
HANDS



**KEEP
HANDS
AWAY**



FROM
MOUTH,
NOSE, OR
EYES TO AVOID
TRANSFERRING GERMS