

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

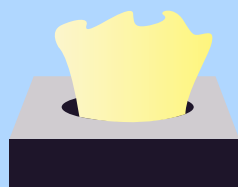


CLEAN AND  
DISINFECT

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



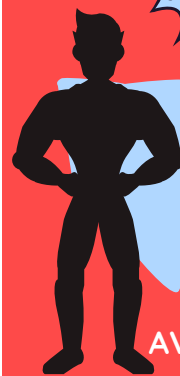
COVER  
COUGHS  
AND SNEEZES



WITH A TISSUE,  
THEN THROW  
AWAY AND  
WASH YOUR  
HANDS



KEEP  
HANDS  
AWAY



FROM  
MOUTH,  
NOSE, OR EYES TO  
AVOID TRANSFERRING  
GERMS