What can I do to protect myself and those around me?

- Stay home if you have flu-like symptoms.
- Wash your hands often!
- Don’t touch your face.
- Clean commonly used surfaces.
- Call before going for healthcare treatment.

Should I wear a face mask?

I am sick!
Yes! You should wear one.

Masks help stop the spread of disease in people with signs of respiratory illness (fever, cough, shortness of breath).

I am healthy!
No! No need to wear one.

Masks do not keep germs out unless you are in close personal contact with someone who is sick. Masks are in short supply and should be saved for caregivers.