

Wash hands

at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Cover your mouth & nose

with your sleeve or a tissue, when you cough or sneeze.



Respiratory Illnesses

The Centers for Disease Control and Prevention & Imperial County Public Health Department recommend daily preventative actions to reduce the spread of respiratory viruses.



Clean and disinfect

frequently used surfaces; door knobs, countertops, keyboards, and phones to remove germs.







Avoid touching

your eyes, nose, and mouth with unwashed hands.



PUBL/COMME

For more information, call (442) 265-1444 or visit www.icphd.org.







