How do you protect yourself and others from getting sick?

**PRACTICE GOOD HAND HYGIENE**
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

**COVER COUGHS/SNEEZES**
Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean hands immediately after.

**AVOID TOUCHING YOUR FACE**
Avoid touching your eyes, nose, and mouth with unwashed hands.

**IF SICK WEAR A MASK**
Cover both mouth and nose. Remove by grabbing the straps - the front is contaminated. DO NOT TOUCH YOUR FACE. Clean hands immediately after removing.

**GET A FLU VACCINE!**
Stay hydrated, eat well, get enough sleep, etc.

**PRACTICE SELF-CARE**

Masks can be found at:
- ANMC front entrance
- Emergency Room entrance
- Admitting
- Outpatient clinics
- Other check-in stations throughout ANMC

Take proper precautions to stay healthy!