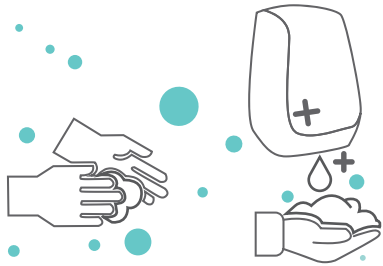


# How do you protect yourself and others from getting sick?

## 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.

## GET A FLU VACCINE!



## AVOID TOUCHING YOUR FACE



Avoid touching your eyes, nose, and mouth with unwashed hands.

## PRACTICE SELF-CARE



Stay hydrated, eat well, get enough sleep, etc.

## 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.

Masks can be found at:

- ANMC front entrance
- Emergency Room entrance
- Admitting
- Outpatient clinics
- Other check-in stations throughout ANMC

