

STOP THE SPREAD



BOSTON
PUBLIC
HEALTH
COMMISSION



Prevention for respiratory illnesses are similar. To help prevent infections:

STAY UP TO DATE WITH COVID-19 AND FLU VACCINES.



STAY HOME WHEN YOU'RE FEELING SICK.

ASK YOUR HEALTHCARE PROVIDER ABOUT TESTING & TREATMENT OPTIONS.



PRACTICE PROPER HAND HYGIENE.

WASH HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS.



CLEAN AND DISINFECT HIGH-TOUCH SURFACES OFTEN.



COVER YOUR NOSE AND MOUTH.

USE A TISSUE WHEN COUGHING OR SNEEZING.



CONSIDER WEARING A WELL-FITTING MASK IN CROWDED INDOOR SPACES.

