

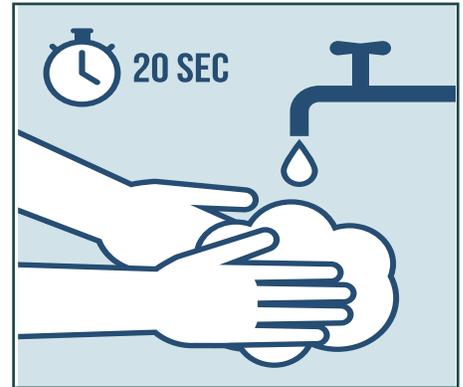
How to Stop the Spread of a Virus

A virus is a germ that can make you sick.

Wash Your Hands

Why? Your hands get germs when you touch things. If you do not wash your hands germs can make you or others sick.

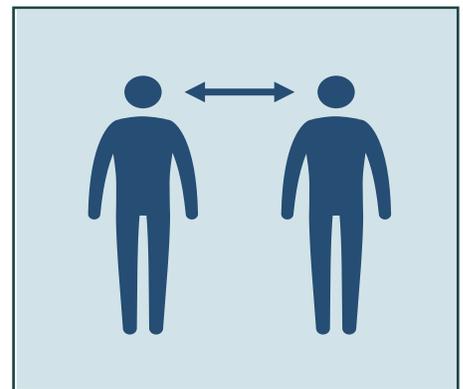
- Use soap and water.
- Scrub hands with soap for 20 seconds.
- Wash after being in public places – example: grocery store or playground.
- Always wash your hands before you touch your face.



Practice Social Distancing: Stay away from others when you or others may be sick.

Why? Being close to people when you or someone else is sick can spread germs.

- Stay 6 feet away from other people.
- **Do not** get together with 10 or more people at the same time.



Most important, stay home when you are sick or if you know many people are sick. Staying home to rest can help you feel better.

Cover Your Cough and Sneezes

Why? Germs can spread from very small drops of water that come out of your mouth. These germs last on surfaces and can make others sick.

- Use your elbow or a tissue to cover your cough and sneezes.
- **Do not** use your hands.
- Wear a face mask if you are sick.



Clean

Why? Germs can stay on surfaces for several days.

- Clean surfaces in your home.
- Use cleaners or disinfectants that kill viruses such as:

Clorox Disinfecting Wipes

Clorox Clean-Up Cleaner + Bleach

Lysol Disinfectant Spray

Lysol Multi-Purpose Cleaner with Bleach

Lysol Multi-Purpose Cleaner with Hydrogen Peroxide

Purell Multi Surface Disinfectant Spray

Microban 24 Hour Multi-Purpose Cleaner



wisconsin
literacy



wisconsin
health
literacy

211 S. Paterson St., Suite 170, Madison, WI
WisconsinHealthLiteracy.org
(608) 257-1655