**HOW TO STOP THE SPREAD OF GERMS**

- If vaccines are available, get them as soon as you can.
- Stay away from people who are sick.
- Wash your hands often with soap and water.
- Clean and disinfect surfaces and objects that people often touch.

- When you cough or sneeze, cover your nose and mouth with a tissue or your elbow.
- Do not touch your eyes, nose, or mouth.
- If you are sick, stay away from other people.
- Wear a mask. It may keep you from getting or spreading germs.

Contact a health care provider if you feel sick.

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