

帮助防止疾病传播

每天采取行动预防感冒和流感等呼吸道病毒的传播：



经常用肥皂和水洗手至少 **20** 秒-特别是在使用洗手间之后或吹鼻后，以及在吃东西之前。

如果没有肥皂和水，请使用含至少 **60%**酒精的酒精洗手液。



咳嗽或打喷嚏时用肘部或纸巾遮住。



请勿用未清洗的手触摸眼睛、鼻子或嘴巴。



远离生病的人。



你生病的时候要待在家里。



定期清洁和消毒物体和表面。

Help Keep Illness from Spreading

Take actions every day to help prevent the spread of respiratory viruses like cold and flu:



Wash your hands often with soap and water for at least 20 seconds — especially after using the bathroom or blowing your nose, and before eating.

If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.



Cover your cough or sneeze into your elbow or a tissue.



Don't touch your eyes, nose or mouth with unwashed hands.



Stay away from people who are sick.



Stay home when you are sick.



Clean and disinfect objects and surfaces regularly.