

# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and **COVID-19**:



**Wash your hands often** with soap and warm water, or use an alcohol-based hand sanitizer.



**Avoid touching** your eyes, nose and mouth.



**Clean things that are frequently touched** (like doorknobs and countertops) with household cleaning spray or wipes.



**Cover your mouth** when you cough or sneeze. Use a tissue or your inner elbow, not your hands.



**Stay home if you are sick** and avoid close contact with others.



**Think ahead** about how to take care of yourself and your loved ones. Visit [mass.gov/KnowPlanPrepare](https://www.mass.gov/KnowPlanPrepare) for preparedness tips.

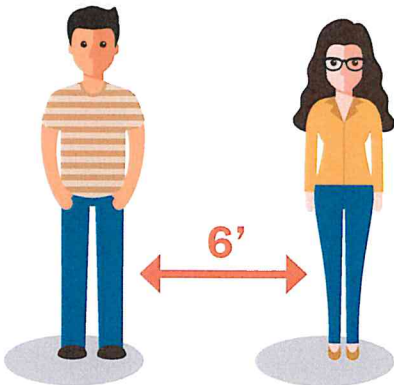
# Help Prevent COVID-19 with Social Distancing



**Call/Facetime/online chat  
with friends and family.**



**Stay home  
as much as  
you can.**



**If you must go out:**

- **Don't gather in groups**
- **Stay 6 feet away from others**
- **Don't shake hands or hug**

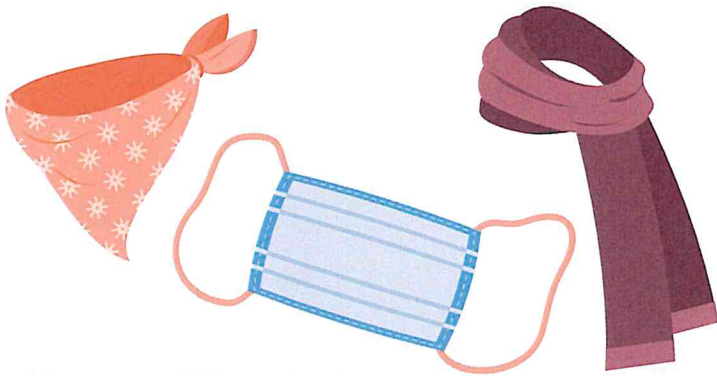


**And please continue  
to wash your hands  
frequently.**

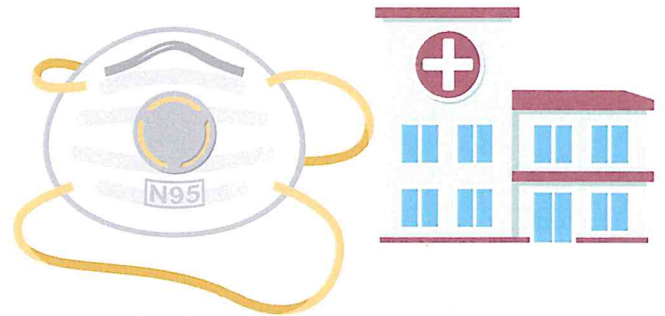


# Stop the Spread of Germs

## Using a Face Covering Effectively



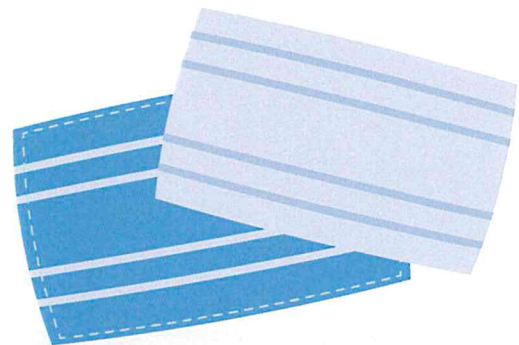
**Use anything** that covers your nose and mouth.



**Leave surgical masks and N95's** for healthcare workers.



**Masks should fit snugly**, be secured with ties or ear straps, and not restrict breathing.



**Face coverings** should be multiple layers.



**Your mask or face covering** should be able to be machine washed and dried.



**Only touch the ties or ear straps**, not the front, and wash your hands after handling.