

# 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.