Wash your hands often with soap and running water.

Avoid close contact with people who are sick.
Open windows for fresh air.

Cover your mouth and nose when coughing or sneezing.
Cough and sneeze into your sleeve or use a tissue.

Avoid touching your eyes, nose or mouth.

Stay home from work, school and public places when you are sick.

Practice good health habits. Eat nutritious food, exercise, and get plenty of sleep.

California Childcare Health Program
cchp.ucsf.edu