To prevent infections

Go for 2 WMU

1. Wash your hands well and often.
   Wash with soap and water for at least 20 seconds. If you can’t get to a sink with soap, clean your hands with an alcohol-based hand cleaner.

2. Cover your cough or sneeze.
   Cover your cough or sneeze into your elbow or a tissue, not your hand. Throw away the tissue.

For more prevention and self-care tips visit
wmich.edu/healthcenter/clinic/self-care