

To prevent infections

Go for **2** WMMU



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.

Cover your cough or sneeze.

2



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



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