

# Stop the Spread of Respiratory Infections



## GET VACCINES

For flu, COVID-19 and pneumococcal disease.



## WEAR A MASK



## STAY HOME IF YOU'RE SICK



## WASH YOUR HANDS OFTEN.

Use hand sanitizer when handwashing is not available.



## COVER WHEN SNEEZING OR COUGHING.

Then wash your hands thoroughly



## RUN HVAC SYSTEM OFTEN. Change air filter every 3 months.

**PMR**  
HEALTHCARE

SINCE 2005