1. **Clean your hands.**
Washing your hands often will help protect you from germs. If soap &
water aren’t available, use an alcohol-based hand rub.

2. **Avoid touching your eyes, nose or mouth.**
Germs are spread when a person touches something that is contaminated with germs and
then touches their eyes, nose, or mouth.

3. **Stay home when you are sick.**
If possible, stay home from work, school, and errands when you are sick. This will help prevent
spreading your illness to others.

4. **Avoid close contact.**
Avoid close contact with people who are sick. When you are sick, keep your distance from
others to protect them from getting sick too.

5. **Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing.
Throw tissues in the trash. If you don’t have a tissue, cough or sneeze into
your elbow or your sleeve. Then wash your hands with soap and water or
use an alcohol-based hand rub.

6. **Practice good health habits.**
Clean and disinfect frequently touched surfaces. Get plenty of sleep, be physically active,
manage stress, drink plenty of fluids, & eat nutritious food.

7. **Always be prepared with extra food and medications.**
In case you cannot leave your home due to illness or disaster.

8. **Stay Informed.**
Get information from reputable sources such as the Center for Disease
Control ([http://www.cdc.gov](http://www.cdc.gov)), CT DPH ([https://portal.ct.gov/dph](https://portal.ct.gov/dph)), or Eastern Highlands Health
District ([www.EHHD.org](http://www.EHHD.org)). For telephone information: Hartford Healthcare 24 hour hotline:
(860) 972-8100 or (toll-free) (833)-621-0600.

For general information call 211.