

A man with dark hair, wearing a light blue button-down shirt and a thick grey knit scarf, is sitting in a white bed. He is holding a bright green mug in his right hand and has his left hand pressed against his chest, appearing to be unwell or in discomfort. The background is a bright, out-of-focus window.

To help reduce the likelihood of becoming infected with any viral infection, best practices still apply:

Wash your hands up to your wrists often, using soap and water, for at least 20 seconds or longer

Avoid touching your eyes, nose, or mouth with unwashed hands

Regularly sanitize shared equipment or devices, as well as common areas and work surfaces

Avoid close contact with people who are sick or have 'flu symptoms

Avoid handshakes, kisses, and hugs: try using an elbow bump, or the Namaste greeting instead

REDUCE THE SPREAD OF GERMS: