VERMONT
DEPARTMENT OF HEALTH

Help Keep Illness from Spreading

Take actions every day to help prevent the spread of respiratory viruses like coronavirus, cold and flu:

Wash your hands often with soap and water for at least 20 seconds — especially after using the bathroom or blowing your nose, and before eating.
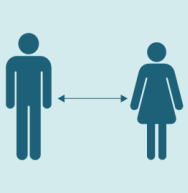
If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
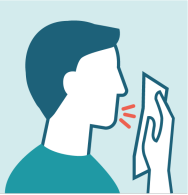
Cover your cough or sneeze into your elbow or a tissue.

Don't touch your eyes, nose or mouth with unwashed hands.

Stay 6 feet away from other people.

Stay home when you are sick.

Wear a mask around other people.

Clean and disinfect objects and surfaces regularly.