If you’re sick, stay home, rest, and remember to:

- Cover your coughs and sneezes with a tissue or your sleeve.
- Wash your hands often with soap and water.
- Clean frequently touched surfaces and objects (for example, TV remotes and computers).

For more information: [www.cdc.gov/npi](http://www.cdc.gov/npi) | 1-800-CDC-INFO (232-4636) | [www.cdc.gov/info](http://www.cdc.gov/info)