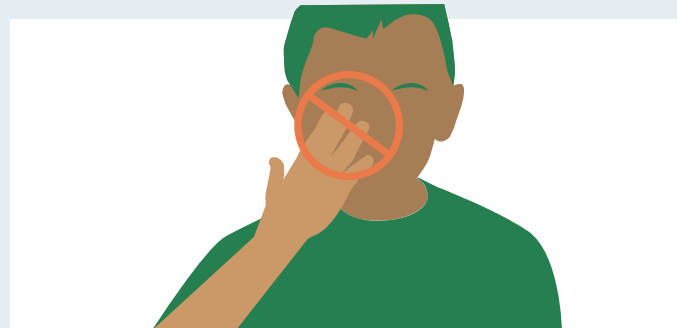# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and COVID-19:

Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer.

Avoid touching your eyes, nose and mouth.

Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.

Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.

Stay home if you are sick and avoid close contact with others.

Think ahead about how to take care of yourself and your loved ones. Visit **mass.gov/KnowPlanPrepare** for preparedness tips.