

# Help prevent the spread of illness

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands for at least 20 seconds with soap and water.
- Don't touch your eyes, nose and mouth with unwashed hands.
- Clean "high-touch" surfaces such as doorknobs, desk and phones every day.



**Safety+Health**

The Official Magazine of the NSC Congress & Expo