There are general precautions you can take to prevent the spread of viral respiratory infections.

- **Wash your hands frequently** with soap and water or alcohol-based hand sanitizer, lather for at least 20 seconds.
- **Avoid touching** your eyes, nose and mouth with unwashed hands.
- **Cover your mouth and nose** with a tissue or your sleeve (not your hands) when coughing or sneezing.
- **Stay healthy:** eat a balanced diet, get rest, avoid stress.
- **Avoid close, unprotected contact** with anyone with respiratory symptoms.
- **Clean and disinfect** frequently touched objects and surfaces with isopropyl alcohol.

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