

Chinese

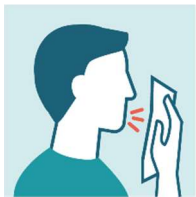
## 帮助防止疾病传播

每天必须采取行动去预防感冒和流感等呼吸性病毒的传播：

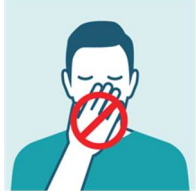


经常用肥皂和水洗手至少 **20** 秒-特别是在使用洗手间或擤鼻涕之后，以及在吃东西之前。

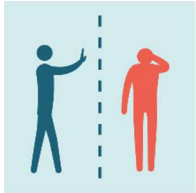
如果没有肥皂和水，可已使用含有至少 **60%**酒精的酒精类洗手液。



咳嗽或打喷嚏时必须用手肘或纸巾遮住。



勿用未清洗过的手去触摸眼睛、鼻子或嘴巴。



远离生病的人。



你生病的时候必须待在家里。



经常清洁和消毒平常接触的物体和表面。

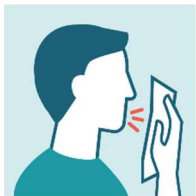
# Help Keep Illness from Spreading

Take actions every day to help prevent the spread of respiratory viruses like 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 away from people who are sick.



Stay home when you are sick.



Clean and disinfect objects and surfaces regularly.