

# HOW TO FIGHT OUTBREAKS WITHOUT MEDICINE

INCREASE HANDWASHING AND USE OF ALCOHOL-  
BASED SANITIZER

RESPIRATORY HYGIENE AND COUGH ETIQUETTE

KEEP DISTANCE FROM OTHERS (>6 FEET)

FREQUENTLY CLEAN AND DISINFECT SURFACES

REMAIN HOME DURING A RESPIRATORY ILLNESS

VOLUNTARY ISOLATION/QUARANTINE

INVOLUNTARY ISOLATION/QUARANTINE

RECOMMEND OR ORDER CANCELLATION OF MAJOR  
PUBLIC AND LARGE PRIVATE GATHERINGS

RECOMMEND OR ORDER CLOSURE OF SCHOOLS,  
CHILD CARE FACILITIES, WORKPLACES, AND  
PUBLIC BUILDINGS

PREVENT NON-EMERGENCY TRAVEL OUTSIDE OF  
THE HOME

ESTABLISH CORDON SANITAIRE (RESTRICTION OF  
MOVEMENT)