



STOP

Find out what you can do to
stop the spread of infectious
diseases

1. **Wash your hands** -- for 20 seconds (hint: sing “Happy Birthday” twice) -- frequently, using soap and water. Use hand sanitizer if soap and water are not available, then wash your hands with soap and water when you can.
2. **Cover your cough or sneeze** with your elbow. If you use a tissue, wash your hands with soap and water after throwing away the tissue.
3. **Get a flu shot every year.** On average, 36,000 Americans of all ages die from the flu every year. Flu shots are free to employees. Look at the County’s flu vaccination clinic schedule to find the next flu shot clinic.
4. **Avoid contact** with anyone who is sick. If that is not possible, keep a three-foot distance. Offer people a tissue to cover their coughs and sneezes. Direct them to where they can wash their hands or offer hand sanitizer.
5. **Stay home** when you or your loved ones are sick. Return to work or school when you are symptom free for 24 hours (including fever), and no longer taking fever-reducing medications.

To find out more about the symptoms and transmission of Ebola and other infectious diseases, go to www.cdc.gov or contact the Loudoun County Health Dept. at 703-737-8300, or at health@loudoun.gov