If you have any questions, you can contact WMAT Division of Health, Health Education at 928-338-4955/4953

Wash hands often!
Be sure to wash hands for at least 20 seconds!

Clean and disinfect
Frequently used surfaces like counters, light switches, doorknobs and remotes

Cover coughs & sneezes!
With a tissue, then throw tissue away and wash your hands

Keep hands away
From mouth, nose or eyes to avoid transferring germs

If you feel sick, stay home
From work, school, or other activities and avoid close contact with others