

# AVOID CONTAGION

**PROTECT YOURSELF AND OTHERS FROM RESPIRATORY DISEASES, SUCH AS COVID-19, THE FLU, AND MYCOPLASMA**



Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in a trash can immediately.



If you don't have a tissue or disposable towel, cover your mouth with your forearm when coughing or sneezing.



Always wash your hands for 20 seconds. If there is no soap and water, use a hand sanitizer.



Avoid touching your eyes, nose and mouth.

At MCS, our priority is to give you peace of mind and keep you informed. We're committed to educating and protecting citizens with the appropriate response.

**MCS** | **medilínea**

**1.866.727.6271**

**Orientation services and phone consulting, with healthcare professionals addressing concerns regarding the correct management of medical conditions and symptoms.**

References: <https://www.cdc.gov>; <https://www.paho.org>

**VÍVELA** >>

**MCS**