STOPPING MUMPS STARTS WITH YOU!

Do Not Share...
- Utensils
- Drink
- Water bottles
- Lip Balm
- Cigarettes

Cover Your Mouth...
- Use a tissue
- Use your elbow
- Wash your hands

Hand Washing...
- Use soap & water, scrub for 20 seconds
- Wash your hands often
- If no water is available, use alcohol-based hand sanitizer

Disinfect ...
- Gym equipment
- Door handles
- Keyboards/phones
- Bathrooms

Make sure you are up to date on your Mumps Vaccines