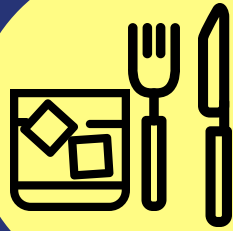


Do Not Share...

- 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

STOPPING MUMPS
STARTS WITH
YOU!



Make sure you are up to date on your Mumps Vaccines