



## GUAM REGIONAL TRANSIT AUTHORITY GOVERNMENT OF GUAM

Lourdes A. Leon Guerrero, Governor  
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# PRECAUTIONARY MEASURES FROM DEPARTMENT OF PUBLIC HEALTH

## Take Precautions Now: Prevent the Spread of All Respiratory Illnesses

The potential public health threat posed by COVID-19 is high, globally, nationally, and to our island. Individual risk is dependent on exposure. Everyone in our community can take steps now to prepare for this emerging public health threat by doing everyday preventative measures:

- It's currently flu and respiratory disease season and CDC recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed.
- Wash your hands often with soap and water for at least 20 seconds. However, if soap and water are not readily available, use alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your mouth, eyes, and nose with unwashed hands.
- Avoid close contact with people who are sick.
- Practice proper cough etiquette – cover your mouth and nose with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects or surfaces.
- Stay home when you are sick – do not go to work or school.