

Respiratory illness prevention

These simple tips can protect you and others from spreading infection in your facility

Eat Healthy

Good nutrition and staying hydrated boosts your immune system and accelerates recovery when you get sick.

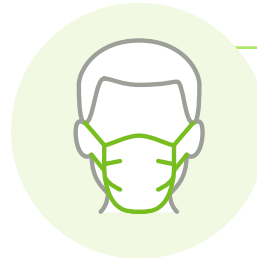


Healthy Lifestyle

Getting a good night's sleep, exercising regularly and managing stress can boost your immune system and speed recovery if you do get ill.

Hand Hygiene

Keeping your hands clean helps prevent the spread of illness. Wash hands regularly with soap and water or use an alcohol hand sanitizer.



Respiratory Hygiene

Cover your nose and mouth when you sneeze or cough and consider wearing a mask. Throw away tissues after a single use, then wash your hands.

Surface Hygiene

Identify surfaces that are frequently touched and clean them regularly with a disinfectant.

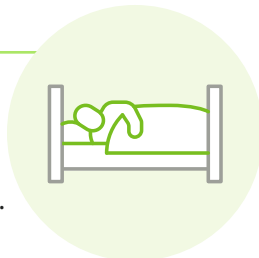


No Touching

Abstain from touching your face, as your eyes, nose and mouth are an easy route into the body, where viruses can take hold.

Social Distancing

If you're sick, stay home and avoid contact with people for at least 24 hours after your fever has subsided. Keeping your distance from others is the most effective way to prevent the spread of illness.



See a Healthcare Professional

If you think you're getting sick, see your doctor or other healthcare professional as soon as possible to prevent your illness from getting worse.



Questions about how to protect your staff and the public?

Talk to a Kimco solutions expert now: **(855) 254-7137**