

FLU & YOU...

FOUR SIMPLE THINGS YOU CAN DO TO PROTECT YOURSELF, YOUR FAMILY AND YOUR FRIENDS

1 COVER YOUR COUGHS & SNEEZES.

- Cover your mouth and nose with a tissue.
- Put your tissue in the trash can.
- No tissue? Cough or sneeze into your upper sleeve, not your hands.

2 WASH YOUR HANDS.

- Wash hands with warm, soapy water for at least 20 seconds OR use a hand sanitizer after:
 - Coughing or sneezing
 - Using the bathroom
 - Caring for a sick person
 - Handling garbage, animals, and animal waste

DURING FLU SEASON

3 CLEAN LIVING & WORK AREAS.

- Clean area with household disinfectants.
- Do not share items like linens, utensils or dishes.

4 KEEP YOUR DISTANCE.

- Stay home with fever.
- During outbreaks:
 - Stay 6 feet away from others.
 - Avoid crowds.
 - See if you can work from home.
 - Avoid shaking hands.

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