

# HELP PREVENT THE SPREAD OF THE **FLU AND RESPIRATORY VIRUSES:**



## **WASH YOUR HANDS OFTEN AND WITH SOAP AND WATER**

for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.



## **STAY HOME IF YOU ARE SICK.**



## **COVER YOUR COUGH OR SNEEZE WITH A TISSUE**

then throw the tissue in the trash. Follow with hand washing or sanitizing. If you don't have tissue, cough or sneeze into your upper sleeve, not your hands.



## **AVOID CLOSE CONTACT**

with people who are sick.



## **CLEAN AND DISINFECT**

frequently touched objects and surfaces, such as cell phones, keyboards and doorknobs.



## **AVOID TOUCHING YOUR EYES, NOSE AND MOUTH**

with unwashed hands.

SlipperyRock  
University.

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