

stay healthy **DURING FLU SEASON**

wash your hands

Make it *fast, foamy and furious!*

- for 15-20 seconds (Happy Birthday song twice)
- periodically during the work day after possible contact with contaminated surfaces
- before any activity that involves putting your fingers in or near your mouth or eyes
- after blowing your nose, coughing or sneezing
- use paper towels to shut off water and to open the door when leaving restrooms

cover your cough

Prevent the spread!

- stay home when you are sick
- cover your mouth and nose with a tissue when you cough or sneeze **or** cough or sneeze into your upper sleeve, *not* your hands
- put your used tissue in the waste basket

