

# **U R P** UNIVERSAL RESPIRATORY PRECAUTIONS

**FOR HEALTHCARE WORKERS**



**COVER COUGHS AND SNEEZES  
WITH TISSUES OR SURGICAL  
MASKS**



**WASH HANDS FREQUENTLY**



**FOLLOW APPROPRIATE  
INFECTION CONTROL  
PRECAUTIONS**



**GET YOUR FLU AND PNEUMONIA  
VACCINES**



**STAY HOME IF YOU ARE  
FEELING SICK**

**For more information: [www.nj.gov/flu](http://www.nj.gov/flu)**

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