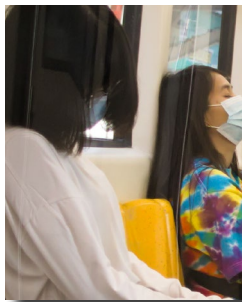


# Healthy Habits to Prevent the Spread of Colds and Flu

## Avoid Close Contact



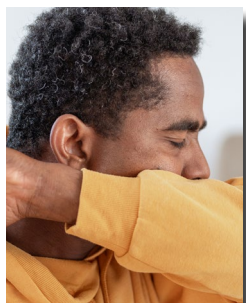
- Avoid close contact with people who are sick.
- Avoid crowds during flu season.

## Stay Home When Sick



- If possible, stay home from work, school, and errands when you are sick.

## Cover Your Coughs and Sneezes



- Use a tissue to cover your mouth and nose when coughing or sneezing.
- Put your used tissue in the waste basket.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

## Clean Your Hands



- Wash your hands frequently with soap and water for at least 20 seconds.
- Clean with alcohol-based hand sanitizer if soap and water are not available.

## Clean Commonly Shared Items



- Clean and disinfect frequently touched surfaces and items – like phones, toys, light switches, remote controls, toilet handles, doorknobs, and faucets – especially when someone is ill.

**Get  
Your Flu  
Vaccine!**