

PANDEMIC FLU AND YOU

— What YOU Can Do —

Simple steps to stop the spread of germs
and help keep you and others from getting sick:

1. Keep your hands clean by washing them often with soap and warm water or use a hand sanitizer after:

- coughing or sneezing
- using the bathroom
- caring for a sick person
- handling garbage or animal waste



2. Cover your mouth and nose with a tissue



when coughing or sneezing. If you do not have a tissue, cough or sneeze into your upper sleeve, NOT your hands



3. Avoid touching your eyes, nose, or mouth and spreading germs to them

4. Keep your social distance

- avoid crowds
- work from home, if possible
- limit your travel

5. Don't share things that go into the mouth, such as straws and drinking cups

6. Stay Healthy! Get plenty of sleep, exercise, drink lots of water, and eat healthy foods

