



PREVENT COLDS & FLU

Because of the increased risk for flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

1

WASH

Wash your hands for at least 30 seconds (sing Happy Birthday twice) with soap and warm water.



2

COVER

Cover your mouth and nose when you cough or sneeze with your elbow or tissue.



3

DON'T TOUCH

Don't touch your eyes, nose or mouth! These are the areas where a virus can enter your body.



4

AVOID

Avoid close contact with those who are sick. Wash your hands or use hand sanitizer after.

