FOUR SIMPLE THINGS YOU CAN DO TO PROTECT YOURSELF, YOUR FAMILY AND YOUR FRIENDS

1 COVER YOUR COUGHS & SNEEZES.
   - Cover your mouth and nose with a tissue.
   - Put your tissue in the trash can.
   - No tissue? Cough or sneeze into your upper sleeve, not your hands.

2 WASH YOUR HANDS.
   - Wash hands with warm, soapy water for at least 20 seconds OR use a hand sanitizer after:
     - Coughing or sneezing
     - Using the bathroom
     - Caring for a sick person
     - Handling garbage, animals, and animal waste

DURING FLU SEASON

3 CLEAN LIVING & WORK AREAS.
   - Clean area with household disinfectants.
   - Do not share items like linens, utensils or dishes.

4 KEEP YOUR DISTANCE.
   - Stay home with fever.
   - During outbreaks:
     - Stay 6 feet away from others.
     - Avoid crowds.
     - See if you can work from home.
     - Avoid shaking hands.