

Flu and Cold Prevention



Protect yourself during the flu and cold season!

- . Wash your hands often
 - use warm soapy water for 20 seconds
- . Cover your cough or sneeze
- . Do not reuse tissues
- . If you don't have a tissue, cough or sneeze into your sleeve
- . Do not share cups or food
- . If you get the "flu", stay at home until the symptoms go away
- . Wash your hands often!

