

STAY HEALTHY

*Simple Steps You Can Take To Keep From Getting Colds,
Flu And Other Respiratory Infections*

CLEAN YOUR HANDS

- Washing your hands often will help protect you from germs.
Avoid using bar soaps-use liquid soap and water whenever possible.

USE WATERLESS HAND RUBS

- Waterless hand rubs work to decrease the number of germs on your hands. Use them when in public places, or when you're not near running water. These hand rubs are available in most supermarkets and pharmacies. Be sure the one you choose has an anti-germicidal, such as alcohol.

COVER YOUR MOUTH AND NOSE

- Cover your mouth and nose with a tissue (not your hands) when coughing or sneezing. It may prevent those around you from getting sick. Dispose of used tissues immediately.

AVOID TOUCHING EYES NOSE OR MOUTH

- Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

AVOID CLOSE CONTACT

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.