

Preventing the Spread of Colds and Flu is ***Self-Defense!***

Wash your hands often with
warm water and soap.



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Use hand sanitizer whenever soap and water are not available, and carry a small vial of hand sanitizer with you.



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Get a flu shot for seasonal flu
and H1N1, if possible.



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If you're feeling sick, see a
doctor.



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Remember to cover your coughs and sneezes. (And, throw away those used tissues!)



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Stay home if you're sick with a fever. Don't go to work and don't come to class.



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Avoid people who are sick,
especially those with flu-like
symptoms.



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Avoid touching your nose, eyes and mouth. This is the easiest way of spreading germs!



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Do your part to keep common surfaces (doorknobs, faucets, telephones, training equipment, etc.) clean and sanitized.

