



# Cold and Flu Season is Here!

## Tips to prevent flu, colds, and the spread of germs

1. Avoid close contact with people who are sick.
2. Cover your mouth and nose.
3. Cough into your elbow and dispose of used tissues.
4. Wash your hands after going to the bathroom and before eating. Proper hand washing takes at least 30 seconds. If soap and water are unavailable, use an alcohol-based hand sanitizer.
5. Avoid touching your eyes, nose, and mouth throughout the day.
6. The flu shot is the single best way to prevent seasonal flu. The sooner you get vaccinated against flu, the better protected you will be.

**Get Your Flu  
Shot Today!**

## Steps to take if you are sick with the flu or a cold...

1. Stay home and do not come to work if you are sick. This will prevent spreading your illness to coworkers.
2. Limit close contact with members in your household.
3. Stay hydrated by drinking water throughout the day.
4. Take flu antiviral drugs if prescribed to you by your doctor.

