

Be Health Smart... for you and your community!

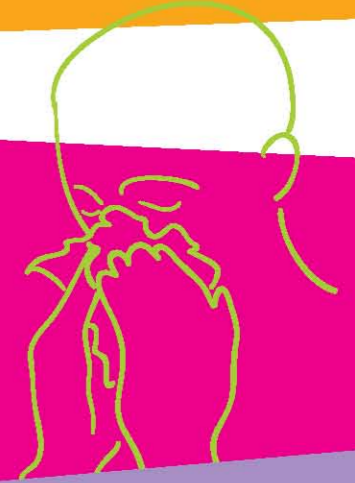
- **Wash your hands:**

Use soap and water and wash for at least 20 seconds.

To prevent the spread of germs, wash your hands often throughout the day, especially after coughing, sneezing, using the restroom or before handling food!



- **Cover:** Cough or sneeze into a tissue or your elbow, not your hands. Throw away used tissues.



- **Keep your distance:**

Avoid close contact with people who're ill.



- **Hands off:** Don't touch your eyes, nose or mouth; germs spread easily this way.



- **Keep hand sanitizer in your work station** and use it after touching doors, handles, keypads, etc. It's not as effective at germ-killing as washing with soap, but it's much better than nothing.

- **Get flu vaccinations** when they're available, especially if you're at high risk for complications.

If you're sick, call your healthcare provider for advice. Stay home and limit contact with others.

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