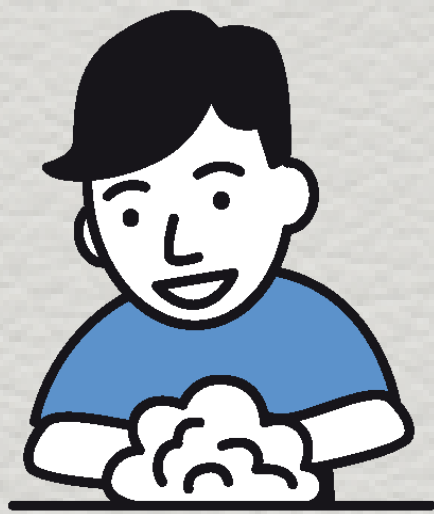


Prevent the Spread of Germs



Wash Hands

Washing your hands is the best way to avoid a cold. When germs are on our hands, they can easily make their way into our body when we touch our eyes or mouth. Be sure to wash before meals or preparing food and after you use the bathroom.



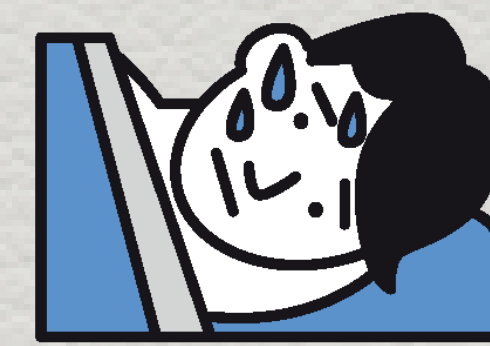
Cover Nose and Mouth

Cough or sneeze into a tissue or the crook of your elbow to avoid spreading germs to others. Try not to cough or sneeze into your hand as you'll just spread those germs to the next thing you touch.



Disinfect your Space

Use a disinfecting wipe to wipe down high-traffic spots in your home, especially if a family member is ill. These areas can include doorknobs, computers, phones, TV remotes, and light switches, among other things.



Stay Home when Sick

Going to work, school or out in public when you are sick can risk getting others infected. Although you may be able to handle being sick, it might not be so easy for others with a weak immune system. Listen to your doctor and rest until you feel better!



Get your Flu Shot

Getting your flu shot will reduce your risk of getting the flu by 40 - 60 percent. This also reduces the risk of spreading infection to others. Flu season starts in October and ends in May with the peak activity between December and February.