

# BEWARE OF FLU SEASON



Escape the “Ah-Choo’s” and the flus this year with these simple habits:

## If you have to Sneeze, use your Sleeve.

Covering your mouth and nose with your sleeve or a tissue when sneezing or coughing greatly reduces the spread of germs. If you have a consistent cough you may be asked to wear a mask.

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## On the Tissue, to the Trash.

Tossing your used tissues into the trash immediately after use will help keep germs contained.



## Wash Those Hands!

Washing your hands often with soap and warm water significantly decreases your chances of spreading germs to others.

**Scrub & rinse for at least 20 seconds.**

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## Keep Your Workspace Neat & Tidy.

Regularly clean your workspace, using sanitizing wipes/cleaners will assist in removing germs from the environment.