



## PREVENT COLDS & FLU

Because of the increased risk of flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

**1**

### WASH

Wash your hands for at least 20 seconds with soap and warm water.

**2**

### COVER

Cover your mouth and nose when you cough or sneeze with your elbow or tissue.

**3**

### DON'T TOUCH

Don't touch your eyes, nose, or mouth.

**4**

### AVOID

Coming to school or work if you are not feeling well, please stay home.