

# PREVENT COLDS & THE FLU

*Because of the increased risk for illness this time of year, we ask that you take precautions to prevent the spread of germs.*

**1**

## WASH

Wash your hands for at-least 30 seconds with soap and water.



**2**

## COVER

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



**3**

## DON'T TOUCH

Do not touch your eyes, nose or mouth! These are areas where a virus can enter your body.



**4**

## AVOID

Avoid close contact with those who are sick. Wash your hands or use hand sanitizer after interactions.

