



## WASH YOUR HANDS!

Avoid touching your eyes, nose and mouth with unwashed hands.

Wash your hands often with soap and water for 20 seconds.

Tip: Sing the Happy Birthday song twice!

Be sure to wash your hands after coughing or sneezing, before eating food, after using the bathroom, and after interacting with sick people.

If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

# INFECTION PROTECTION

## HERE ARE SOME EFFECTIVE WAYS TO PREVENT YOURSELF FROM GETTING SICK THIS FLU SEASON



## BOOST YOUR IMMUNE SYSTEM!

According to the Centers for Disease Control and Prevention (CDC), the most effective way to avoid the flu is getting vaccinated.

Sleeping 7-8 hours every night will also boost your immune system.

The nutrients in fruits and vegetables can help your immune system defend against viruses and bacteria, so eat healthy and remember to stay hydrated.



## KNOW PROPER HYGIENE ETIQUETTE!

When you cough or sneeze, cover your mouth and nose with a tissue.

Remember to throw the tissue away.

If you don't have a tissue, cough or sneeze into your upper sleeve.



## EVERYDAY, PREVENTATIVE ACTIONS:

Clean and disinfect frequently touched surfaces, such as your phone, computer, doorknobs, eyeglasses, and desks.

The virus can live on surfaces for up to 48 hours!

Wash utensils, cups, plates, cutting boards, counter tops or surfaces with soap and water often.