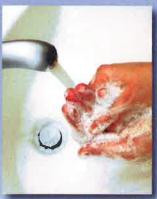
Prevent the Spread of Colds and Flu



Cover Coughs and Sneezes

- Use tissues not your hands to cover coughs and sneezes
- Throw tissues away and wash your hands immediately
- If you don't have a tissue, cough or sneeze into your sleeve



Wash Hands Frequently

- Wet with warm water and add soap
- Scrub for 20 seconds
- Rinse well and dry with a paper towel
- Use paper towel to turn off faucet and to open bathroom door
- Use alcohol-based hand sanitizer if soap and water are not available



Keep sick people away from healthy people

- Stay home if you are sick
- Stay away from sick people
- Avoid crowds during flu season



Clean commonly shared items

Phones, toys, light switches, remote controls, toilet handles, doorknobs, faucets, etc.

and Get Your Flu Vaccine!





For more information visit: www.nj.gov/flu