

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