

Prevention Is Contagious — Spread It Around



Cold and Flu Prevention Quick Tips



Washing and sanitizing hands: a wallop of prevention.

Wash your hands often with soap and warm water. Alcohol-based sanitizers are also effective.



Cool down germ hot spots.

Since illness-causing germs can live on frequently touched surfaces, disinfect them often.



Flu shots — stick it to germs.

The single best way to prevent flu is to get vaccinated. It is easy, low-cost, saves lives and doesn't hurt ... much.



Nothing says “bless you” like a tissue or elbow.

Avoid coughing or sneezing into your hands. Germs can be spread through touch.



Thank you for not sharing.

If you're sick, stay home. The CDC recommends that you stay home and limit contact with others to keep from infecting them. And get better soon.



Healthy habits, happy immune system.

Get plenty of sleep, be physically active, manage stress, drink plenty of fluids and eat nutritious food. Germs won't have a chance.

Partnering for cleaner, healthier places where people can thrive.

To find out more on how to get your workplace ready for Pandemic Flu visit: <https://www.cdc.gov/nonpharmaceutical-interventions/pdf/gr-pan-flu-work-set.pdf>

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