

# STOP THE SPREAD OF GERMS!

**HELP KEEP YOURSELF AND YOUR CO-WORKERS HEALTHY**

## **COUGH OR SNEEZE INTO A TISSUE OR YOUR ELBOW.**

Throw used tissues into the garbage right away. Then, wash your hands.



## **CLEAN YOUR HANDS OFTEN.**

Use soap and water, or an alcohol-based sanitizer.



## **KEEP YOUR PERSONAL DISTANCE.**

Try to keep your distance from anyone who is coughing or sneezing.



## **DON'T TOUCH YOUR FACE OR EYES IF POSSIBLE.**

Touching your eyes, nose or mouth can allow germs from your hands to enter your body.



## **STAY HOME FROM WORK IF YOU FEEL SICK.**

This can help prevent the spread of germs to co-workers.



## **KEEP WORK SURFACES CLEAN.**

Shared work surfaces like phones, keyboards, and steering wheels should be regularly disinfected if possible.



## **GET IMMUNIZED WHEN VACCINE IS AVAILABLE.**

Research shows that immunization is one of the best ways to protect yourself from influenza.

