

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