



# PREVENT COLDS & FLU

Because of the increased risk of flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

1

## WASH

Wash your hands for at least 30 seconds with soap and warm water.

2

## COVER

Cover your mouth and nose when cough or sneeze with your elbow or tissue.

3

## DON'T TOUCH

Don't touch your eyes, nose or mouth.

4

## AVOID

Avoid close contact with those who are sick.  
Wash your hands with sanitizer.