

# 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.



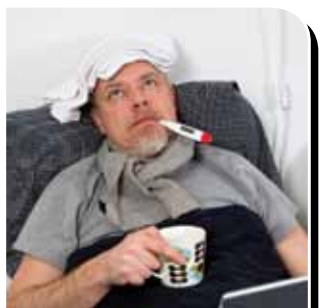
## DON'T TOUCH YOUR FACE OR EYES IF POSSIBLE.

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.

