



# Protect Yourself & Others!

**Help prevent the spread of the common cold, flu, and other illnesses.**

- **Cover** your nose and mouth with a tissue when you cough or sneeze. After, throw the tissue in the trash.
  - If there is no tissue, cough or sneeze into the crook of your elbow.
- **Wash** hands often with soap & water\* especially before leaving a restroom.
  - Always wash hands before eating or touching your eyes, nose, or mouth.
- **Avoid** close contact with sick people and stay home when you're sick!



\* Hand washing with soap & water is best. When not available, hand sanitizer may be used.

