

# Help Prevent the Spread of Cold and Flu



Please notify your caregiver if you have the following flu-like symptoms:

- sore throat
- fever
- cough

## *What You Can Do to Stay Healthy*

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.

*If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.*

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