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
• Dry with a paper towel
• Use paper towel to turn off faucet
• Use paper towel to open bathroom door
• Use alcohol-based hand sanitizer if soap and water is 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, handles

Get your flu vaccine!

For more information visit: www.nj.gov/flu