

# STOP THE SPREAD OF GERMS!

Ahhhhhhhhhh

CHOOO!

**According to the Centers for Disease Control and Prevention (CDC), the following strategies are effective for helping prevent the spread of illness, including influenza.**

- Always cover your mouth and nose with a tissue when you cough or sneeze. Throw your used tissue in the garbage.
- If you don't have a tissue handy, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands often with soap and warm water for 20 seconds. If you are not near a sink, use an alcohol-based hand sanitizer.



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