

# 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

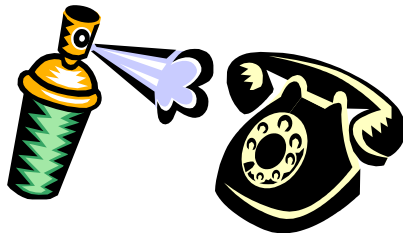


## ► Wash Hands Frequently

- 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](http://www.nj.gov/flu)



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