

Prevent the Spread of Germs

Because of the increased risk of flu and respiratory illness this time of year, we ask that you take precautions to prevent the spread of germs.

1 WASH

Wash your hands for at least 30 seconds with soap and warm water.

2 COVER

Cover your mouth and nose when coughing or sneezing with your elbow or a tissue.

3 DON'T TOUCH

Don't touch your eyes, nose, or mouth.

4 AVOID

Avoid close contact with those who are sick. Wash your hands with sanitizer.



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