Cold & Flu Season is Here!

6 TIPS TO STAY HEALTHY THIS FLU SEASON

- Stay home if you are sick
- Cover your sneeze/cough
- Wash your hands
- Refrain from touching your eyes, nose, and mouth
- Avoid contact with those who might be sick
- Get vaccinated
PARTNER WITH US

6 Steps to Prevent Spread

Stay home if you are sick

Cover your sneeze/cough

Wash your hands for a full 20 seconds before rinse

Try not to use door handles, or grab a towel before opening a door

Refrain from touching your eyes, nose, and mouth

Avoid contact with those who might be sick
BEFORE USE

Spray

Wait

20 seconds

Wipe

CLEAN WHEN YOU ARE DONE
PARTNER WITH US

BEFORE USE

Spray

Wait

20 seconds

Wipe

Learn more on how to protect yourself and avoid germs/illness at https://healthalerts.stanford.edu