

# Cold & Flu Season is Here!

## 6 TIPS TO STAY HEALTHY THIS FLU SEASON



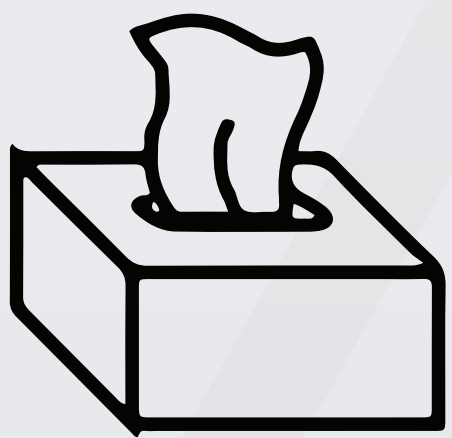
Stay home if you are sick



Cover your sneeze/cough



Wash your hands



Refrain from touching your eyes, nose, and mouth



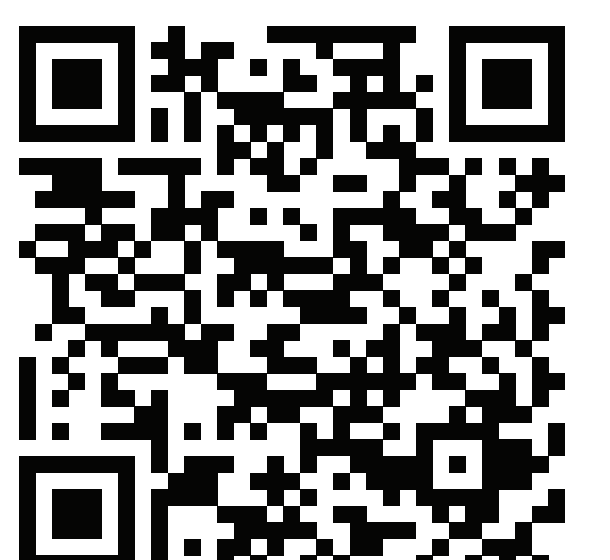
Avoid contact with those who might be sick



Get vaccinated



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## 6 Steps to Prevent Spread



**Stay home if you are sick**



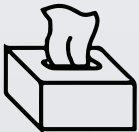
**Wash your hands for a full 20 seconds before rinse**



Cover your sneeze/cough



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**



**Wipe**

**CLEAN WHEN YOU ARE DONE**

# BEFORE USE



**Spray**



**Wait**



**Wipe**

**CLEAN WHEN YOU ARE DONE**

# PARTNER WITH US

# BEFORE USE



# Spray



# Wait



# Wipe

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

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