Reducing the Spread of Flu and Colds

Flu and Colds are spread by:

- Coughing or sneezing.
- Not washing hands and touching eyes, nose, and mouth, especially during flu and cold season.

To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Put your used tissue in the waste basket.

Clean your hands after coughing or sneezing

- Wash with soap and water.
- Clean with alcohol-based hand cleaner.
- Like we tell children, wash your hands as long as it takes to sing "Twinkle, Twinkle, Little Star" or "The Itsy, Bitsy Spider Went up the Water Spout."

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