

Stop the Flu

Wash Your Hands!

- Use soap.
- Spend 20 seconds washing hands, wrists and under fingernails.
- After rinsing, dry hands with a clean paper towel.
- Use a paper towel to turn off faucet.
- If there's no soap and water available, use alcohol-based hand cleaner.

Practice Good Respiratory and Personal Etiquette.

Apart from regular vaccines, there are things you can do to protect yourself and others from getting sick. These simple actions can STOP the spread of germs:

- Cover your mouth and nose when coughing or sneezing.
- Avoid touching your eyes, nose and mouth.
- Use disposable tissues.
- Avoid close contact with people who are sick.
- Stay home if you are sick.



UnityPoint Health
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