

Flu Prevention Quick Tips

Help Protect Yourself From the Flu Virus at the Health Club



Wash & Sanitize Hands

Wash your hands often with soap and warm water. Alcohol-based hand sanitizers are also effective.



Wash Hands



Sanitize Hands

Watch Out for Germ Hot Spots*

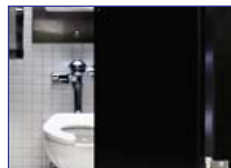
Germs live on frequently touched surfaces. Disinfect often.



Exercise Equipment



Weights



Bathrooms



Lockers

Cough or Sneeze Into a Tissue or Your Elbow

Avoid coughing or sneezing into your hands where illness-causing germs are more likely to spread through touch.



Tissue Sneeze



Elbow Cough

*The U.S. Environmental Protection Agency (EPA) has announced that registered disinfectants effective against influenza A are also effective against H1N1 flu virus on nonporous surfaces. Instructions for how to disinfect with EPA-registered products can be found on the product label.

