

Flu Prevention Quick Tips

Help Protect Yourself From the Flu Virus at the Workplace



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.



Telephones



Computer Mice



Desks & Keyboards



Elevator Buttons

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

Stay Home if You're Sick

The CDC recommends that you stay home if you're sick and limit contact with others to keep from infecting them.

*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.

