

# WE CARE ABOUT YOU

## HOW TO PROTECT YOURSELF:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water or alcohol-based hand cleaner, especially after you cough or sneeze.
- Try to avoid contact with sick people. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Avoid touching your eyes, nose, or mouth. Germs spread that way.
- If you get sick, the CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Students with a febrile respiratory illness should go to the Student Health Service, and faculty and staff should go to their doctor.



hand  
hygiene  
saves lives