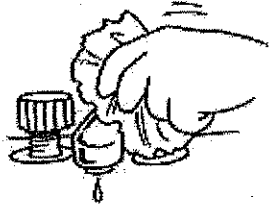


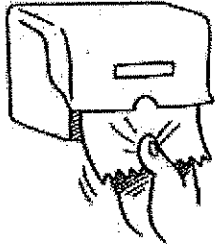
START →



1. Wet hands



6. Turn off taps with towel



5. Towel dry

HAND WASHING STEPS



2. Soap
(20 seconds)



3. Scrub backs of hands, wrists, between fingers, under fingernails.



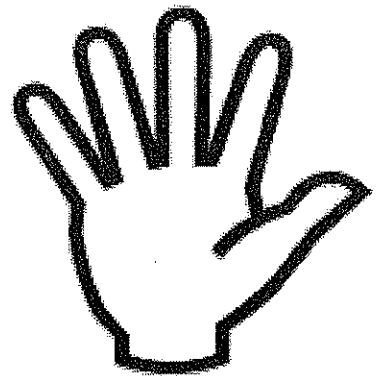
4. Rinse

Help Stop the Spread of Cold & Flu!

Remember the 3 C's

Clean

Wash your hands regularly
Use Alcohol - based sanitizers



Cover

Cover your mouth when you cough or sneeze
Use tissues and dispose of properly

Contain

Don't share drinks or utensils
Use your own pen/pencil
Avoid touching your mouth, eyes, or nose



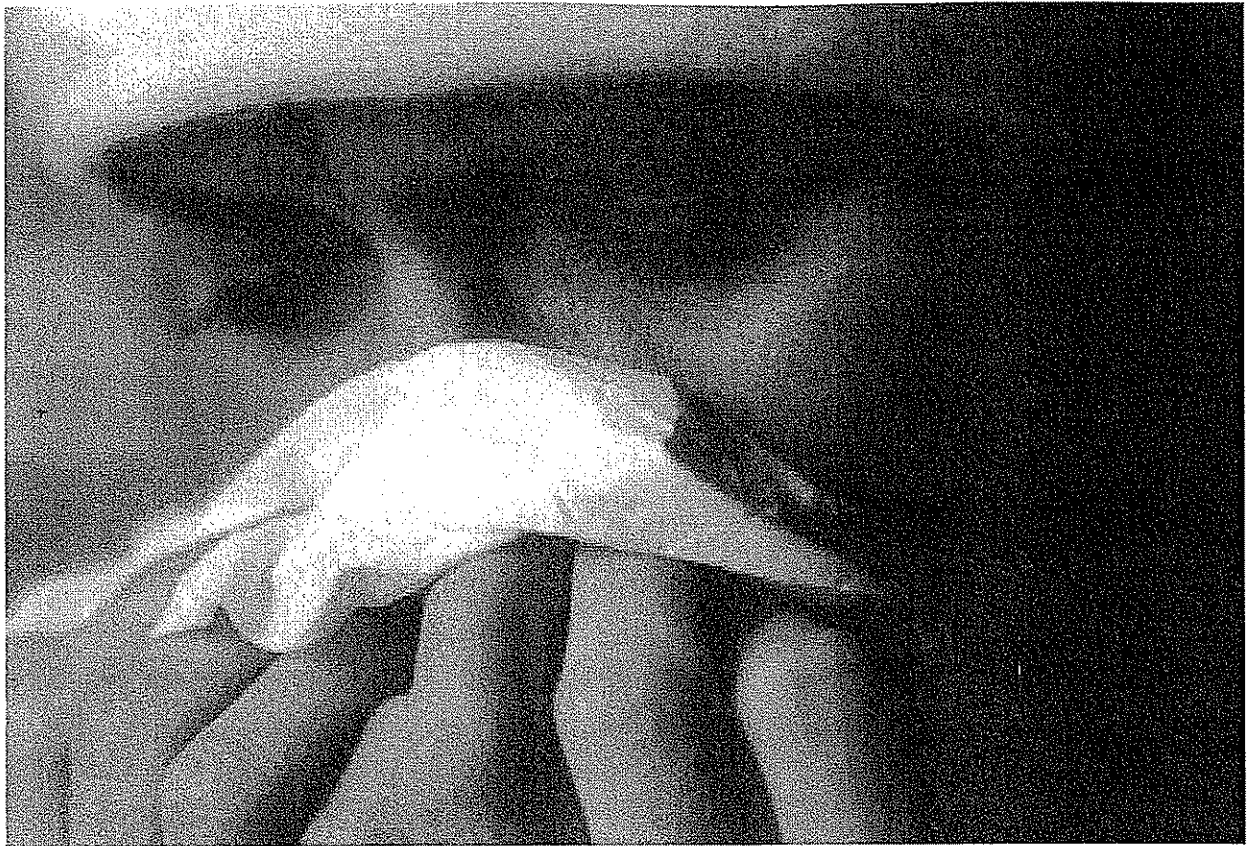
Spread Music. Not Flu.

Even healthy people can get the flu, and it can be serious. Everyone 6 months and older should get a flu vaccine. This means you. This season, protect yourself—and those around you—by getting a flu vaccine.



U.S. Department of
Health and Human Services
Centers for Disease Control and Prevention

For more information, visit <http://www.flu.gov>



Avoid the flu

- C**over your mouth/nose when you cough/sneeze. Use your arm (not your hands).
- O**ptimize your immune system with adequate exercise, sleep, and nutrition.
- V**accinate when shots are available; train your body to fight the flu.
- E**very time you use a tissue, throw it in the trash, then wash your hands.
- &** **R**emember not to share lip balms, eating utensils, cups, etc.
- W**ash your hands often and well. Scrub with soap and warm water for 20 seconds.
- A**void close contact with sick people.
- S**tay at home when you are sick and infectious to others.
- H**ave on hand an alcohol-based sanitizer for times when you can't wash with soap and warm water.

Cold Basics

According to the Centers for Disease Control and Prevention (CDC) there are over 200 viruses that can cause the common cold. The rhinovirus is the most common type. The signs and symptoms of a cold include

- sneezing.
- stuffy or runny nose.
- sore throat.
- coughing.
- watery eyes.
- mild headache.
- mild body aches.

These symptoms can last for up to two weeks. If symptoms last longer than 10 days, are not relieved by over-the-counter medications, or a temperature of over 100.4° F presents, contact a medical provider.

Flu Basics

Influenza, also known as the flu, is a contagious disease that is caused by the influenza virus. It attacks the respiratory tract (nose, throat, and lungs) in humans. Influenza usually occurs during the months of November through April.

Influenza types A or B viruses cause epidemics of disease almost every winter. In the United States, these winter influenza epidemics can cause illness in 10% to 20% of people and are associated with an average of 36,000 deaths and 114,000 hospitalizations per year.

Flu symptoms include

- fever 100° F or higher.
- cough.
- sore throat.
- runny or stuffy nose.
- severe body aches.
- headaches.
- chills.
- severe fatigue.

While flu and cold symptoms are very similar, flu symptoms are usually more persistent and severe than cold symptoms.

Seek medical services if experiencing any of the following

- feeling weak or dehydrated and not able to consume enough liquids.
- difficulty breathing or shortness of breath.
- pain or pressure in the chest or abdomen.
- confusion.
- severe or persistent vomiting.
- sudden dizziness.
- flu-like symptoms that improve but then return with fever and worse cough.

FAQs

What are the symptoms of influenza?

Influenza symptoms usually include a high fever lasting 3-4 days, prominent headaches, fatigue/weakness lasting 2-3 weeks, extreme exhaustion, cough/chest discomfort, and often severe general aches and pains.

How is the Influenza Virus Spread?

Influenza is spread, or transmitted, when a person who has the flu coughs, sneezes, or speaks and sends flu virus into the air, and other people inhale the virus. The virus enters the nose, throat, or lungs of a person and begins to multiply, causing symptoms of influenza. A person with influenza is contagious starting the day before symptoms start and can continue for up to 1 week.

What Can I do to Protect Myself Against the Flu?

You can protect yourself from getting the flu by practicing good hygiene including frequent hand washing with soap and water and covering your nose and mouth (preferably with a tissue) when you cough or sneeze. Drinking plenty of fluids, eating a well-balanced diet and getting plenty of rest will keep your immune system healthy. If you are sick, stay home from work or school to avoid passing anything on to others.

Tips for cold and flu prevention:

- **Washing your hands is the single most important step in preventing the spread of diseases.** Since your hands come in contact with nearly any bodily fluid that you might have, not to mention other sources of germs, it is extremely important to wash them often. We all use our hands much more frequently than we realize and they come into contact with millions of germs a day. So, do you think you wash your hands enough? Are you doing it properly? This step-by-step guide will show you how to wash your hands effectively so you know that you are minimizing your risk. View the Guide to Hand washing.
- **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to help protect them from getting sick too.

Cold and Flu Prevention

- **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will prevent others from catching your illness.
- **Cover your cough.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- **Clean your hands.** Washing your hands often will help protect you from germs. Wash your hands for at least 30 seconds to effectively kill germs. you can measure the time by singing the "Happy Birthday" song twice.
- **Avoid touching your eyes, nose, or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Clean and disinfect your "shared spaces" more often than other times of the year.** Remember phones, keyboards, steering wheels, office equipment, and other items used by several people during the day.
- **Get enough sleep.** During sleep, your body's immune system goes into high gear to protect you from illness. Lack of sleep can reduce immune functioning, making you susceptible to sickness.
- **Drink more water.** In the fall and winter, it is easy to overlook your thirst and get dehydrated. Make sure you consume 8 glasses a day.
- **Listen to your body.** If you are less than 100%, you will feel better and recover faster if you led yourself rest.
- **Finally, be sure to visit your doctor if you are running a fever.**