Prevent the Spread of Colds and Flu

Cover Coughs and Sneezes
- Use tissues – not your hands – to cover coughs and sneezes
- Throw tissues away and wash your hands immediately
- If you don’t have a tissue, cough or sneeze into your sleeve

Wash Hands Frequently
- Wet with warm water and add soap
- Scrub for 20 seconds
- Rinse well and dry with a paper towel
- Use paper towel to turn off faucet and to open bathroom door
- Use alcohol-based hand sanitizer if soap and water are not available

Keep sick people away from healthy people
- Stay home if you are sick
- Stay away from sick people
- Avoid crowds during flu season

Clean commonly shared items
- Phones, toys, light switches, remote controls, toilet handles, doorknobs, faucets, etc.

and Get Your Flu Vaccine!

For more information visit: www.nj.gov/flu