

# Flu Prevention Quick Tips

Help Protect Yourself From the Flu Virus at School



## 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.



Desks & Chairs



Play Equipment



Computer Mice



Handles

## 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.

