Avoid crowds, and people who are ill.

Toothbrushes and towels.

Do not share personal items such as forks, spoons, and office equipment.

Phone receivers, keyboards, steering wheels.

Clean shared space more often, such as

Keep hands away from your face.

Trash bin.

 Spit and dispose of the tissue in a covered trash can when you cough or sneeze.

Clean with warm water.

Wash your hands often with soap and

From the Flu:

To protect yourself and your family:

Avoid touching your mouth or nose.

Inhaled by touching something with the virus on it and

Anyone close by decides a person may become

The flu virus gets into the air and may be inhaled by

Who has the flu, sneezes, coughs or even talks.

The flu is spread from person to person when someone

Is up to You!

Stopping the Flu
KEEP YOUR GERMS TO YOURSELF

Use a tissue — or cough and sneeze into your upper arm.

We’ll all feel better!

www.nyhealth.gov
www.pandemicflu.gov
www.nysut.org
KEEP YOUR GERMS TO YOURSELF

Wash your hands with soap and hot water, or use a waterless hand cleanser after:

- Blowing your nose or coughing
- Using the bathroom
- Being near someone who is ill

We’ll all feel better!

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