

Influenza

Prevent the Spread



Personal Hygiene

Cover your nose and mouth when sneezing or coughing and use a tissue or the crease of your elbow instead of your hands.



Hand Washing

Washing your hands is the single, most effective way to reduce transmitting infection.



Have a Clean Workspace

Frequently touched surfaces should be cleaned and disinfected on a regular basis.



Personal Health

Eat a balanced diet, get lots of rest and exercise in moderation.