

What you should know to reduce your risk of

# COLD & FLU-LIKE ILLNESSES



**WASH HANDS** with soap and water or alcohol based hand sanitizer.



**COVER** your mouth when coughing or sneezing. Cough into your sleeve (inside of your bent elbow).



**AVOID** close contact with anyone with flu-like symptoms (fever, runny nose, cough).



**AVOID TOUCHING** your eyes, nose and mouth.



**STAY HOME** and self-isolate if you have any cold or flu-like symptoms.



**GET CHECKED** by a medical professional if you have severe symptoms like high fever and shortness of breath.