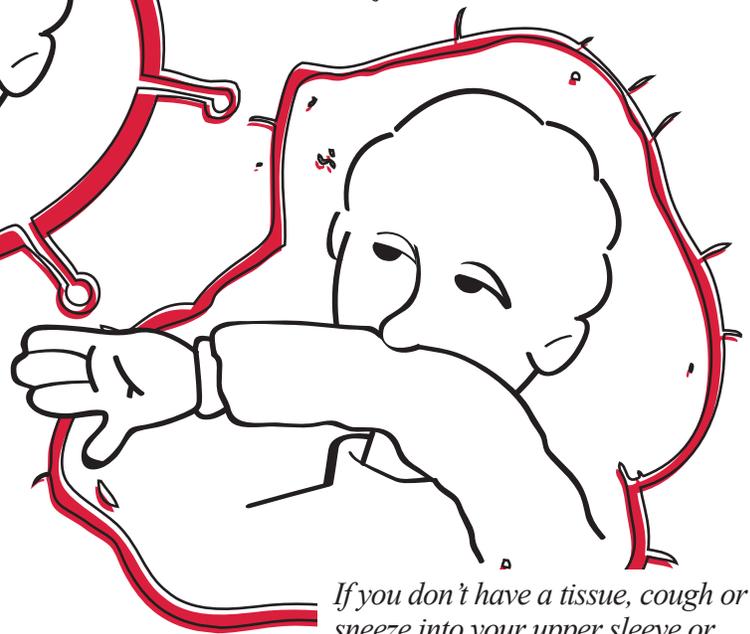
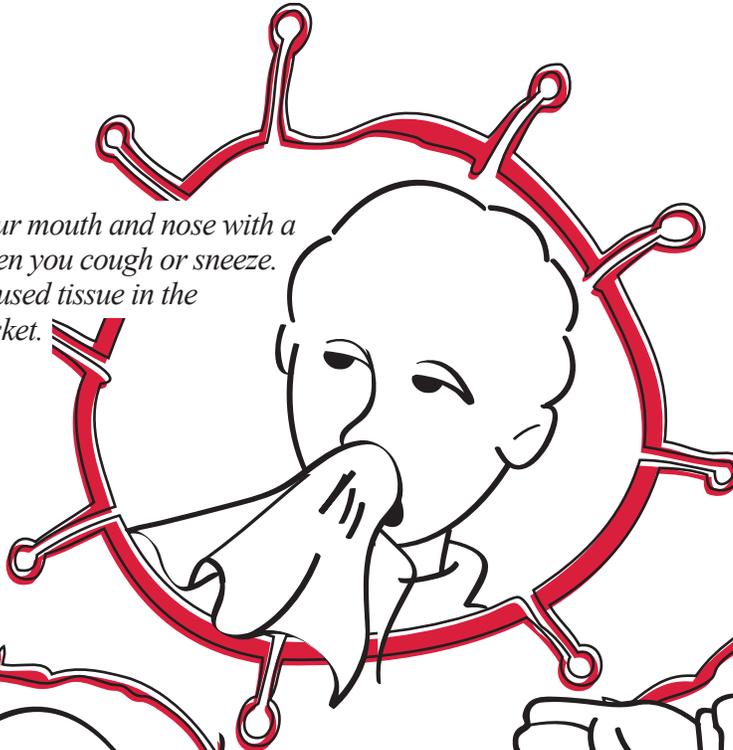


# Cover Cough

*Stop the spread of germs that can make you and others sick!*

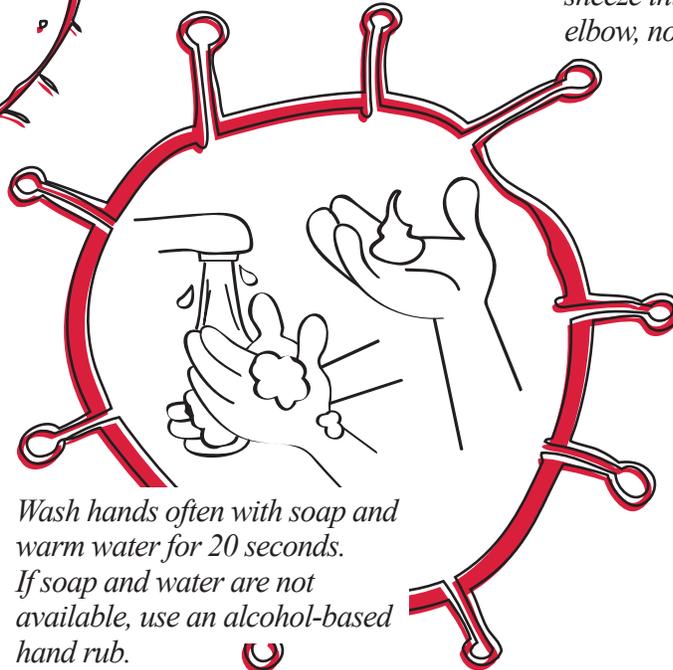
*Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.*



*If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.*



*You may be asked to put on a facemask to protect others.*



*Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.*



# STOP

## Feeling sick?

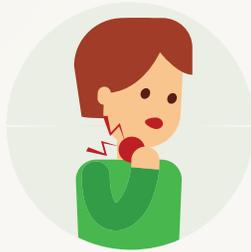
Stop the spread of flu in the workplace.  
**Stay home when you are sick.**

Common Flu Signs & Symptoms Include:



**Fever\* or feeling feverish/chills**

\*It is important to note that not everyone with flu will have a fever.



**Sore throat**



**Runny or stuffy nose**



**Cough**



**Muscle or body aches**



**Headaches**



**Fatigue (tiredness)**

*Flu is different from a common cold.  
Flu usually comes on suddenly, and in general symptoms are more intense.*

## If you think you may have flu tell your supervisor and stay home from work.

**All employees should stay home if they are sick.** CDC recommends that you stay home for at least 24 hours after your fever (100 degrees Fahrenheit or 37.8 degrees Celsius) is gone. Your fever should be gone without the need to use a fever-reducing medicine.

For more information visit [www.cdc.gov/flu](http://www.cdc.gov/flu)



*Washing hands saves lives.*  
**DO YOU KNOW HOW TO  
WASH YOUR HANDS?**



**WET**



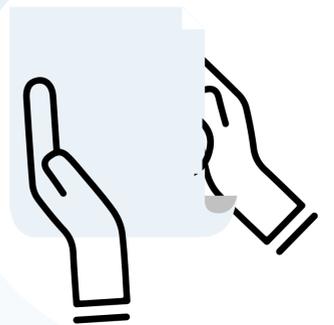
**SOAP**



**SCRUB**



**RINSE**



**DRY**

Wash under fingernails, between fingers, back of hands & wrists.

Scrub for at least 20 seconds.

Make lots of bubbles!

Dry hands with paper towel or hot air dryer.

Turn off faucet & open door with paper towel.

**WHEN TO WASH:**

After using the toilet ● Before eating food

Before, during & after making food

After blowing your nose, coughing or sneezing

After touching someone who may be sick

After touching an animal ● After touching garbage

When you come home from school or outside