



PREVENT THE SPREAD OF ILLNESS

SIMPLE PRECAUTIONS CAN HELP LIMIT THE SPREAD OF ILLNESS AND INFECTIOUS DISEASE:

- WASH HANDS FREQUENTLY AND THOROUGHLY WITH SOAP AND RUNNING WATER. If soap and water are not available, use an alcohol-based hand SANITIZER.
- AVOID TOUCHING HANDS TO EYES, NOSE, OR MOUTH.
- COUGH OR SNEEZE INTO YOUR ELBOW IF YOU DO NOT HAVE A TISSUE. OTHERWISE, COVER YOUR NOSE AND MOUTH WITH A TISSUE, THROW THE USED TISSUE INTO THE WASTEBASKET AND THOROUGHLY WASH YOUR HANDS.
- STAY HOME WHEN YOU ARE SICK.
- AVOID CLOSE CONTACT WITH INDIVIDUALS WHO ARE SICK.
- AVOID SHARING OF WATER BOTTLES, MOUTH GUARDS OR INSTRUMENT MOUTH PIECES.
- AVOID SHARING OF EATING UTENSILS, DRINKING GLASSES OR PERSONAL ITEMS SUCH AS TOWELS, RAZORS OR MAKEUP.
- TALK WITH YOUR HEALTH CARE PROVIDER ABOUT AGE APPROPRIATE IMMUNIZATIONS INCLUDING AN ANNUAL INFLUENZA VACCINE.

STAY HEALTHY WITH NUTRIENT RICH FOODS, PLENTY OF WATER, EXERCISE EVERY DAY AND PLENTY OF REST EACH NIGHT.