

## Fit Tips

# Be a Germ Stopper

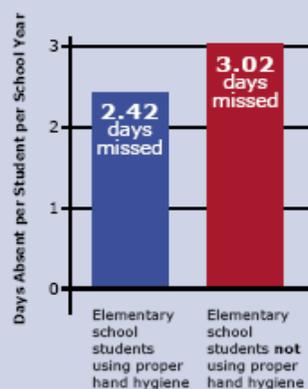


Despite the current flu vaccine shortage, there are other ways you can protect yourself from getting sick this flu season.



- Stay away from sick people. Stay away from others when you are sick.
- Please do not come to work if you have the flu. That's why you have sick days. Your co-workers will be happy if you do not bring your germs into the office.
- Cover your mouth and nose when you cough or sneeze. Then wash your hands immediately.
- Sing "Happy Birthday" when you wash your hands with soap and warm water. Hand washing should take about 15-20 seconds.
- Buy alcohol-based hand wipes or gel sanitizers for when you are not near a sink.
- Teach your kids to wash their hands frequently.

Cleaning Hands Keeps Students In School



Source: Am J Infect Control 2000; 28:340-6.