

# Help **STOP** the spread of germs.

**How to protect yourself and others:** Germs are spread on surfaces, by people and through the air. Influenza viruses can survive on hard surfaces such as stainless steel and plastic for up to 48 hours. The phone, keyboard, and mouse are considered germ hot spots during cold and flu season.

## Reduce the spread of viruses



Get the flu vaccine.



Stay home if you are sick.



Routinely clean and disinfect personal and communal surfaces with a disinfectant.



Wash hands regularly with soap and water or use hand sanitizer.



Sneeze and cough into your elbow or a tissue.

## Did you wash your hands?

**WET**



Wet hands under warm water.

**WASH**



Wash hands with soap for 20 seconds.

**RINSE**



Rinse under warm water.

**DRY**



Dry hands. Turn off water with paper towel.