

# SIMPLE STEPS *to* HELP PROTECT YOURSELF & OTHERS *from the* COLD & FLU

Different viruses may cause the common cold and the flu, but you can take action to help reduce your risk of catching either of them. Follow these simple prevention tips:

## Wash your hands often

- Scrub for **20 seconds** with soap and water or use an alcohol-based hand sanitizer
- Dry hands with a **paper towel** instead of a shared towel

## Don't touch your eyes, nose, and mouth

- Viruses can live on **unwashed hands**
- These are places viruses can **enter your body**

## Stay away from people who are sick

- Viruses can spread through **close contact** with others
- **Avoid sharing** food, utensils, or cups

## Disinfect surfaces that are often touched

- Such as **sink handles** and **doorknobs**
- Not just at home – think about **work** and **school**, too

## Talk with your healthcare provider about getting a flu vaccine

- There is **no vaccine** to protect you from the common cold



### COLD FIGHTING TIP

Wash your hands to help avoid getting sick and spreading germs

If you do end up catching a cold or the flu, **you can infect others anywhere from 1 day before noticing symptoms and up to 7 days after symptoms start!**

Be sure to:



### Stay at home when you are sick

Plus at least 24 hours *after* your fever is gone



### Do not come in close contact with others

This includes shaking hands and hugging



### Cough and sneeze into your elbow or a tissue

Be sure to throw the used tissue in the trash



### Continue to wash your hands often

Especially after nose-wiping



Use products only as directed.

There are many options for cold and flu symptom relief—ask your healthcare provider if you have questions about which one is right for you.