

Stopping the Flu is up to You!

The flu is spread from person to person when someone who has the flu virus sneezes, coughs or even talks. The flu virus is put into the air and may be inhaled by anyone close by. Occasionally, a person may become infected by touching something with the virus on it and then touching their mouth or nose.

To protect yourself and your family from the flu:

Wash your hands often with soap and warm water.

Use a tissue when you cough, sneeze or spit, and dispose of the tissue in a covered trash bin.

Keep hands away from your face.

Clean shared space more often, such as phone receivers, keyboards, steering wheels and office equipment.

Do not share personal items such as forks, spoons, toothbrushes and towels.

Avoid crowds, and people who are ill.



4PST106/08

nysut
A Union of Professionals

www.nyhealth.gov

www.pandemicflu.gov

www.nysut.org

KEEP YOUR
GERMS
TO **YOURSELF**

Use a tissue —
or cough and sneeze
into your upper arm.

We'll all feel better!



www.nyhealth.gov
www.pandemicflu.gov
www.nysut.org

An illustration of two hands being washed with soap bubbles. The hands are shown in a light skin tone, and the bubbles are depicted as various sizes of light green and yellow circles. The background is a gradient of blue, transitioning from a darker blue at the top to a lighter blue at the bottom.

KEEP YOUR **GERMS** TO **YOURSELF**

Wash your hands with soap and hot water, or use a waterless hand cleanser after:

- Blowing your nose or coughing
- Using the bathroom
- Being near someone who is ill

We'll all feel better!

nysut
A Union of Professionals

www.nyhealth.gov
www.pandemicflu.gov
www.nysut.org