

Stay healthy

Follow these tips year-round

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Wash your hands.

Scrub them for at least 20 seconds and help your entire family do the same.

Viruses live on hands—clean them off!

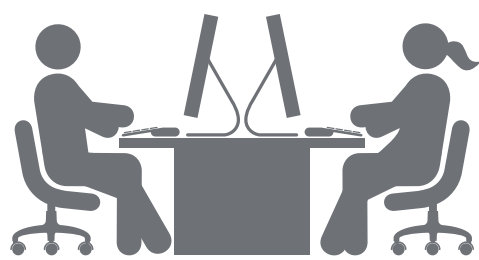


Use an alcohol-based hand sanitizer if soap and water are not available.

Keep healthy at the office.

Cleaning does not equal disinfecting. Cleaning removes germs, but disinfecting actually destroys them.

Take a few minutes each week to keep your workspace germ-free!



400x

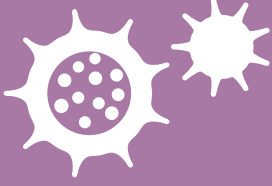
The average office desk has 400 times more bacteria than a toilet.¹



Don't touch.

If you're sick, touching your eyes, nose and mouth promote the spread of germs. Avoid hugging and kissing when you're sick.

The flu—and even the common cold—are spread through close contact with others.



People with the flu virus may infect others the day before they get sick and up to 5–7 days after.²

Take cover.

When you cough or sneeze, **cover your nose and mouth with your upper shirtsleeve.**

Sneezing keeps your body healthy.



Use a tissue once and then throw it away.



Get immunized!

The flu vaccine is the **first and most important step** in protecting yourself against flu viruses.²

Annual vaccinations against influenza are recommended for all persons age 6 months and older, including all adults.



See a doctor.

If your temperature is higher than 100.4° F, your symptoms last more than 10 days, or are severe or unusual, it's time to visit your physician.



Between 5 and 20 percent of the U.S. population gets the flu.²

Get your recommended preventive care screenings, too!

1. University of Arizona, 2007.

2. Centers for Disease Control and Prevention, 2014.