

STOP THE SPREAD OF GERMS!

HELP KEEP YOURSELF AND YOUR CO-WORKERS HEALTHY



COUGH OR SNEEZE INTO A TISSUE OR YOUR ELBOW.

Throw used tissues into the garbage right away. Then, wash your hands.



CLEAN YOUR HANDS OFTEN.

Use soap and water, or an alcohol-based sanitizer.



KEEP YOUR PERSONAL DISTANCE.

Try to keep your distance from anyone who is coughing or sneezing.



DON'T TOUCH YOUR FACE OR EYES IF POSSIBLE.

Touching your eyes, nose or mouth can allow germs from your hands to enter your body.



STAY HOME FROM WORK IF YOU FEEL SICK.

This can help prevent the spread of germs to co-workers.



KEEP WORK SURFACES CLEAN.

Shared work surfaces like phones, keyboards, and steering wheels should be regularly disinfected if possible.



GET IMMUNIZED WHEN VACCINE IS AVAILABLE.

Research shows that immunization is one of the best ways to protect yourself from influenza.



FOR MORE INFORMATION
WWW.CITYWELLNESS.CA
519-258-2146 ext. 3100

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KEY REFERENCES:
Ontario Ministry of Health and Long-Term Care (November 2008). Retrieved May 4, 2009, from <http://www.health.gov.on.ca/cs/influenza/>