



THE FLU:

What You Can Do



Key steps to help keep you & others from getting sick:

- If you are coughing or sneezing, cover your nose and mouth with a tissue (discard after use).
- Wash your hands frequently with soap and water, especially after you cough or sneeze.
- Alcohol-based hand wipes, gel sanitizers and non-alcohol hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people, and stay home until 24 hours after your fever breaks if you do become sick.



The single best thing you can do:

Wash or sanitize your hands – as well and as often as possible.



The right way to wash your hands:

The CDC recommends that you –

- Wet your hands with warm water
- Apply a generous amount of soap
- Rub your hands together for 15 to 20 seconds
- Rinse your hands
- Dry hands with a paper towel
- Use the paper towel to turn off the faucet and open the door.

For more information about effective Zep® products and flu prevention techniques, go to www.zepreventiontips.com