

COLD & FLU SEASON TIPS

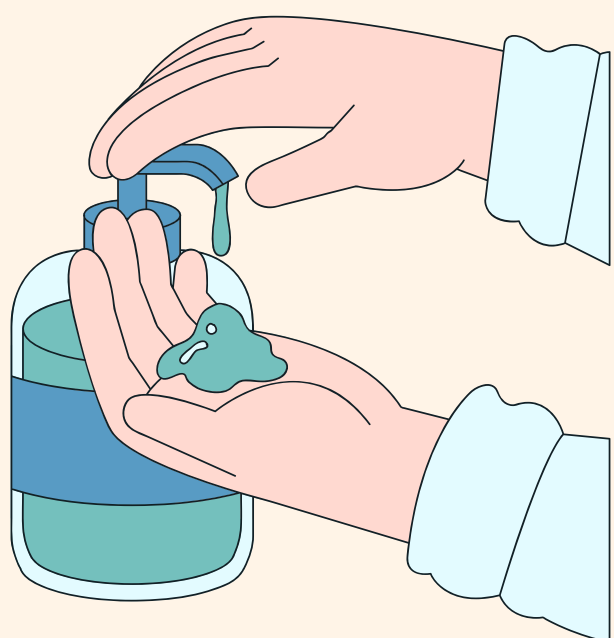
Wash your hands frequently.



Do so especially after touching communal surfaces. Avoid touching your face as much as possible.

Use hand sanitizer.

This is a good option when washing isn't possible. There are sanitizing stations throughout the office.



Cough and sneeze into a tissue or your sleeve.

Sanitize or wash your hands afterward.

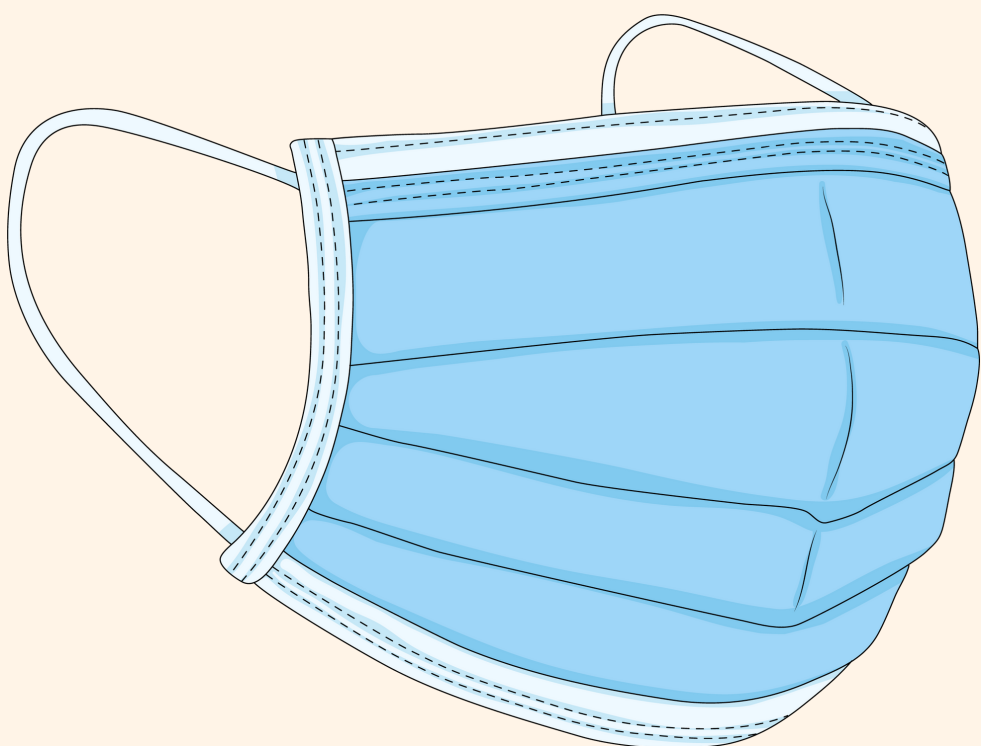


If you feel ill, stay home.

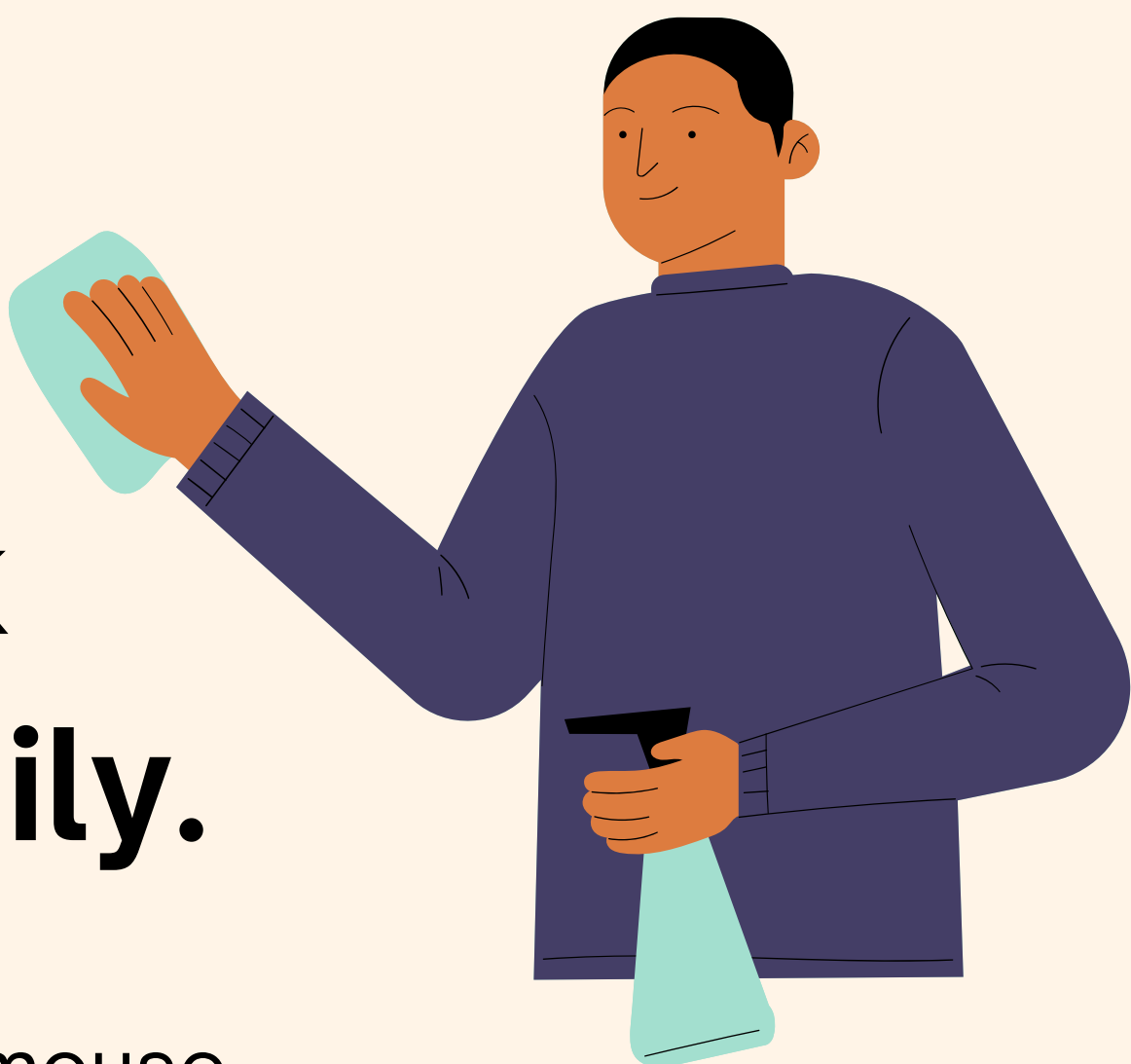
Don't share your illness with others in the workplace. Take time off to rest and recuperate!

Consider wearing a mask.

This is especially encouraged if you're recovering from illness.



Disinfect your work station daily.



This includes your mouse, keyboard, phone, desk surface, and other high-touch elements.

Stay up to date with your vaccines.

Consider getting annual booster vaccines for the flu, COVID-19, and RSV (if you're at risk).

