

Preventing Flu at Work

It's as Easy as Counting to Five...

- 1** Cover your mouth and nose when you sneeze or cough.
- 2** Clean your hands often.
- 3** Don't greet others with a handshake.
- 4** Stay home when you are sick.
- 5** Avoid touching your eyes, nose or mouth.

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. These five simple steps can help you prevent the spread of flu in your workplace.

For more information, visit the Maine Centers for Disease Control website at: www.maine.gov/dhhs/boh

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