



# CONCERNED ABOUT THE FLU ■

## **BASIC HYGIENE IS ESSENTIAL**

STOP THE SPREAD OF GERMS THAT MAKE YOU AND OTHERS SICK!

**Serious respiratory infections like flu are spread by:**

- Coughing or sneezing
- Unclean hands

**To help stop the spread of germs:**

- Cover your mouth and nose with a tissue when you cough or sneeze
- If you don't have a tissue, cough or sneeze into your upper sleeve, NOT your hands
- Put your used tissue in the waste basket

**Clean your hands EVERY TIME after:**

- Coughing or sneezing
- Blowing your nose
- Using the bathroom

**Wash hands for 20 seconds with soap and warm water**

**—OR—**

**Clean with alcohol-based hand sanitizer**

*Source: Centers for Disease Control and Prevention (CDC), U.S. Department of Health and Human Services*



Any questions? Call **877-ACFC-Helps**, email **ACFC@Verizon.com**, or visit us at our website **www.ACFCcares.com**