

Healthy Habits to Help Prevent Flu (and Coronavirus, COVID-19)



Practicing good hygiene is key to helping stop the spread of germs. Here are some helpful reminders that you can do:

- Avoid close contact with people who are sick.
- Limit shaking hands
- Stay home when you are sick.
- Cover your nose and mouth with a tissue when coughing or sneezing.
- Wash hands often. Wash hands with warm water and soap for 20 seconds.
- Alternatively, use hand sanitizer with minimum 60% alcohol content, as secondary option.
- Use disinfectant wipes to clean surfaces at least once per week. Use one-wipe method.

Resources for additional information:

- Centers for Disease Control (CDC), www.cdc.gov
- NC Department of Health and Human Services, www.publichealth.nc.gov
- NJ Department of Health, www.nj.gov/health
- Occupational Safety and Health Administration (OSHA), www.osha.gov

