Tips for stopping the spread of flu:

1. Wash your hands often
2. Cover your mouth when you cough
3. Stay home when you’re sick

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STAY Flu Free AT UNT

For additional information, please visit:
UNT’s Flu Advisory – www.unt.edu/flu
UNT Health Center – www.healthcenter.unt.edu
Texas Department of State Health Services – www.texasflu.org
Centers for Disease Control and Prevention – www.flu.gov
STOP THE SPREAD OF FLU

REMEMBER THE 3 C’S

1 CLEAN
Wash your hands often. Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.

2 COVER
Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. Don’t have a tissue? The crook of your elbow will do.

3 CONTAIN
Contain germs by steering clear of others who are sick. If you do get sick, stay at home until you’re well again, so you don’t spread more germs.

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