

PREVENTION SAVES LIVES!

STOP

THE SPREAD OF GERMS

Stay home when you are sick.



Cover your cough or sneeze with a tissue

or

cough or sneeze into your upper sleeve, not your hands.



Throw your used tissue in the trash, and then wash your hands.

Wash your hands often with soap and water for at least 20 seconds.



If soap and water are not available, use alcohol-based hand sanitizer.



Stay away from people who are sick.



Stop touching your eyes, nose, and mouth.



Source: www.cdc.gov/flu/prevent
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For more information, contact: Department of Public Health and Social Services
Monday - Friday • 8 AM - 5 PM • (671) 735-7154 • Guam DPHSS • www.dphss.guam.gov