

I know you are *not* a germ freak.

But you don't want to be *that guy* either,
the one who gives everyone *flu*.

DON'T BE GROSS.

KEEP YOUR GERMS TO YOURSELF.

1. USE A **TISSUE** WHEN YOU CAN.

Don't fill your hands with germs.

Use a tissue when you cough, sneeze, or blow your nose.
Throw it away immediately after use.

2. **COUGH & SNEEZE** IN YOUR **SLEEVE**.

Germs have to go somewhere, so use the inner elbow.

Fabric traps droplets better than hands when there's no tissue.
And you won't use your elbow to greet people or open doors.

3. **WASH** YOUR **HANDS**.

People notice.

Colds, flu, diarrhea, foodborne illness germs...
They all get on hands and spread to surfaces and people.

4. USE ALCOHOL-BASED **HAND SANITIZER**.

Sanitize when you can't wash.

Apply a quarter-size dollop and spread all over your hands.
Rub until completely dry.

