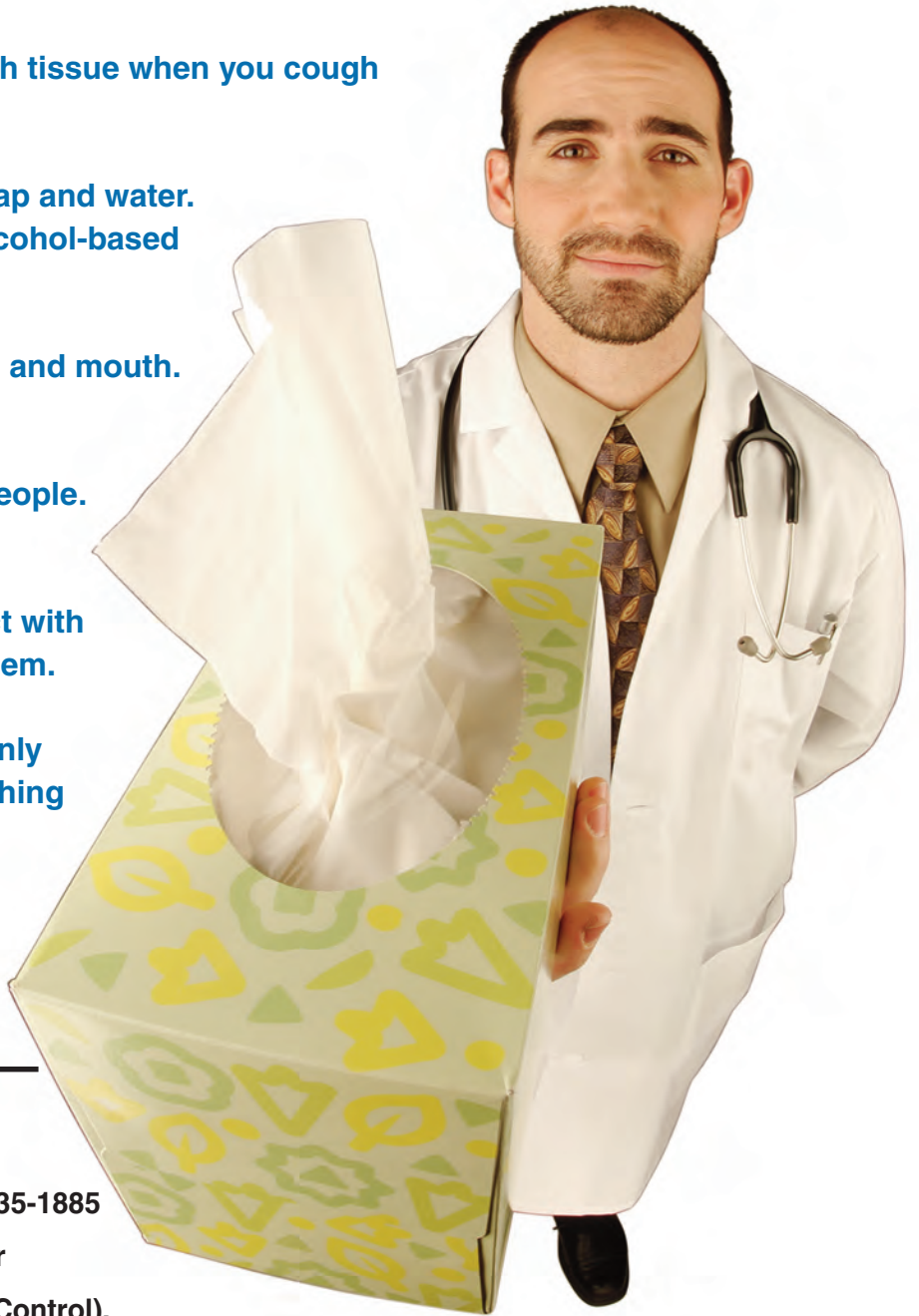


# TIPS FOR AVOIDING THE FLU!

1. Cover your nose and mouth with tissue when you cough or sneeze.
2. Wash your hands often with soap and water. If unable to wash hands, use alcohol-based hand sanitizer.
3. Avoid touching your eyes, nose and mouth. Germs spread that way.
4. Try to avoid contact with sick people.
5. If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

Flu is thought to be spread mainly person to person through coughing or sneezing of infected people.

6. Eat a well-balanced diet and get plenty of rest.



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## QUESTIONS?

Call Oakton's Health Services at 847-635-1885 (Des Plaines), 847-635-1419 (Skokie) or 1-800-CDC- INFO (Centers for Disease Control).



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**Consult your doctor if you are experiencing a combination of any of the following symptoms:**

- Fever and Chills
  - Muscle Aches
  - Headaches
  - Dry Cough
  - Sore Throat
  - Weakness
  - Nausea/Vomiting
  - Diarrhea
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