

TAKE CARE OF YOU, AVOID THE FLU!



Get a **flu vaccine**.



Wash your hands often, for 20 seconds at a time, with soap and water, or with alcohol-based hand cleansers, especially after you cough or sneeze.



Avoid casually touching your eyes, nose or mouth.



Avoid sharing food, utensils, cups and water bottles.



Completely cover your nose and mouth with a tissue or your elbow **when coughing or sneezing.**



Disinfect surfaces with a household cleaner, especially light switches, handles, and telephones.



If you become ill, **limit your contact with others** to keep from exposing them.



Remain in your home for at least 24 hours *after* you no longer have fever (without the use of medications that reduce fever).

For more information, please visit: health.columbia.edu/flu

TAKE CARE OF YOU, AVOID THE FLU!

Scrub your hands with soap and water for 20 seconds—long enough to sing “Happy Birthday” twice. **A quick rinse does not suffice.**



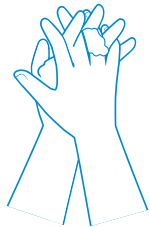
Wet hands with water



Use soap



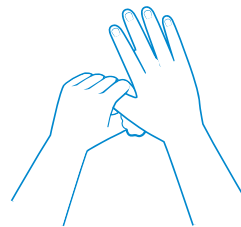
Palm to palm



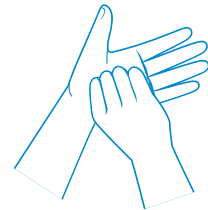
Palm to palm fingers interlaced



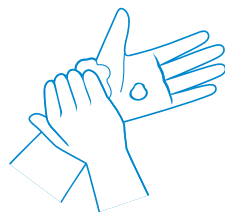
Back of hands



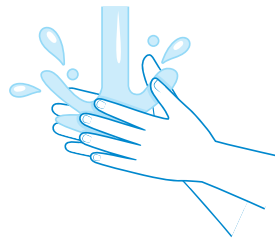
Base of thumbs



Fingernails



Rotationally rub wrists



Rinse hands with water



Dry hands thoroughly with towel

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