Ways to Avoid Workplace Illness

GET A FLU SHOT

WASH YOUR HANDS well and often

AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH

AVOID CLOSE CONTACT WITH SICK PEOPLE

GET PLENTY OF REST to speed recovery

EXERCISE to boost your immune system and manage stress

DRINK MORE WATER to keep bodily functions in top shape

STAY HOME when you have flu-like symptoms

WASH HANDS OFTEN