

HEALTH TIPS

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

