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](http://health.columbia.edu/flu)
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Scrub your hands with soap and water for 20 seconds—long enough to sing “Happy Birthday” twice. **A quick rinse does not suffice.**

1. Wet hands with water
2. Use soap
3. Palm to palm
4. Palm to palm fingers interlaced
5. Back of hands
6. Base of thumbs
7. Fingernails
8. Rotationally rub wrists
9. Rinse hands with water
10. Dry hands thoroughly with towel

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