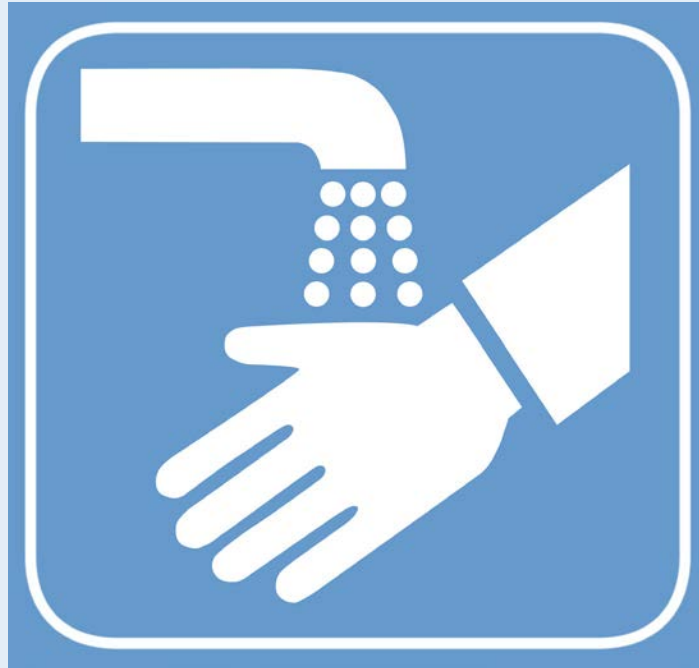


# PLEASE WASH YOUR HANDS!

Washing for at least 20 seconds is one of the most effective ways to prevent the spread of flu and other viruses.



OTHER RECOMMENDATIONS  
FROM THE CENTERS  
FOR DISEASE CONTROL  
AND PREVENTION

- **COVER** your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.
- **AVOID** touching your eyes.
- **AVOID** close contact with sick people.
- **STAY** home if you get sick.
- **STAY** informed.



**THE UNIVERSITY**  
*of* **NORTH CAROLINA**  
*at* **CHAPEL HILL**

FOR THE LATEST INFORMATION, REFER TO:

<http://alertcarolina.unc.edu>

<http://ehs.unc.edu>

<http://www.flu.gov>