

# 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.

### FOR THE LATEST INFORMATION, REFER TO:

[alertcarolina.unc.edu](http://alertcarolina.unc.edu)

[ehs.unc.edu](http://ehs.unc.edu)

[flu.gov](http://flu.gov)



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