

# FLU FACTS

PREVENT YOURSELF AND YOUR LOVED ONES FROM THE FLU SEASON

## HOW DOES IT SPREAD?

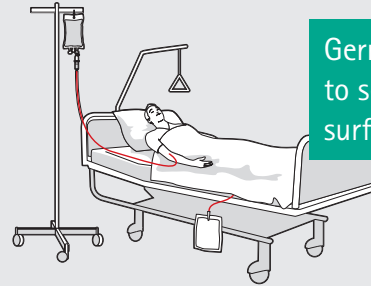
Mostly via   
droplet infection...



... also via hands  
and surfaces.

## MOST TOUCHED SURFACES IN HEALTH CARE ENVIRONMENT<sup>1</sup>:

- Supply cart
- IV pump
- Bed rail
- Overbed tables
- Door knob




Germs can survive up  
to several months on  
surfaces!

## HOW TO PREVENT THE SPREAD?


- Correct cough/sneeze technique
- Avoid close contact with people who have the flu
- Wash and disinfect your hands correct and regularly
- Stay home if you are sick
- Avoid touching eyes, nose mouth
- Disinfect surfaces regularly

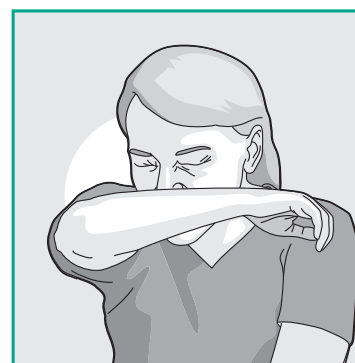
## NOSE BLOWING, SNEEZING AND COUGHING ETIQUETTE



Do not cough or  
sneeze in your hands 



Use a tissue and  
dispose immediately 



If you do not have tissue:  
cough or sneeze into  
your upper sleeve 