

# FIGHT THE FLU

## 8 Ways to Stay Healthy at Work

1. Maintain a healthy lifestyle.
2. Wash your hands.
3. Avoid touching your nose, mouth, and eyes.
4. Cover your coughs and sneezes.
5. Keep common surfaces clean.
6. Do not use other workers' phones, desks, offices, or equipment.
7. Don't spread the flu! If you are sick, stay home.
8. Get vaccinated against seasonal flu.



### For More Information

1. Check your employer's health website, [www.cdc.gov](http://www.cdc.gov) or [www.flu.gov](http://www.flu.gov)
2. Read about flu prevention and symptoms in your *Healthwise® Handbook* or other good self-care book.
3. Read your *Battling Germs & Infections* guidebook.