

## IT IS COLD AND FLU SEASON

**What to do for a COLD.**

**What to do for the FLU.**

**To prevent spread of Cold & Flu:**

Dress cold weather appropriately.

Do not go outside with wet hair, or immediately after working out.

Wash hands often, especially after sneezing, coughing, blowing your nose and BEFORE handling food and drink.

Use hand sanitizer when soap and water unavailable.