

FLU Prevention



If You Have Symptoms Of A Respiratory Illness

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➤ Please use tissues to cover your mouth and nose when coughing or sneezing.

➤ Please dispose of tissues in the trash can immediately.



➤ Please wash your hands or use hand sanitizer after you blow your nose, cough or sneeze.

➤ Please try to sit at least 3 feet away from others.

➤ Please notify a health care provider immediately if you have a cough, sore throat, stuffy nose, body aches, fatigue & a fever over 100.5 degrees.



Do not come to work or class if you are sick.