

8 STEPS TO PROTECT YOUR HERD FROM COLDS & VIRUSES

1. Wash Your Hands Frequently.
2. Cover Your Mouth and Nose with a Tissue or your Sleeve when Coughing or Sneezing.
3. Throw Away Used Tissues in a Lined Trash can and Wash your Hands with Soap Immediately after.
4. Keep Your Hands Off Your Face.
5. Clean Your Home with Disinfectants Regularly.
6. No Sharing When Eating or Drinking.
7. Seek Help and Expert Medical Advice.
8. Don't Go Out and Socialize.

**For more information
please contact
Student Health Services
or your Medical Provider**

