Please Wash Your Hands!

Washing for at least 20 seconds is one of the most effective ways to prevent the spread of flu and other viruses.

Other recommendations from the Centers for Disease Control and Prevention

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.
- Avoid touching your eyes.
- Avoid close contact with sick people.
- Stay home if you get sick.
- Stay informed.

For the latest information, refer to:

alertcarolina.unc.edu
ehs.unc.edu
flu.gov