Decrease Your Flu Risk

Cover Your Cough
Sneezing or coughing into the cloth fabric of your upper sleeve by bending your elbow is preferred. If you sneeze into your hands or if you use a tissue, wash hands immediately without touching any surfaces.

Clean Your Hands Often
Washing hands with soap and warm water for 20 seconds is the best practice; or clean with alcohol-based hand cleaner (60% minimum alcohol content).

Protect Others
If you have flu symptoms, stay home. Contact your health care provider as needed.

Centers for Disease Control and Prevention Web site: www.cdc.gov
Health Center at Auraria Web site: www.mscd.edu/healthcenter
Updates available at: www.ucdenver.edu/flualert