

PLEASE WASH YOUR HANDS!

Washing for at least 20 seconds is one of the most effective ways to prevent the spread of flu (including H1N1) 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.



THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL

FOR THE LATEST INFORMATION, REFER TO:

<http://alertcarolina.unc.edu>

<http://ehs.unc.edu>

<http://www.flu.gov>