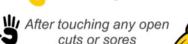
Bee Healthy!! Help stop the spread of infection!

Hand washing stops germs. Wash your hands often with soap and water:

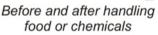
After using the bathroom

Good health habits help prevent illness at home, work, and school:



Stay home when you are sick

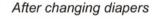
Cover your cough or sneeze



with a tissue or your upper sleeve

After coughing or sneezing into your hands Avoid touching your eyes,nose and mouth

Teach your children good



health habits

If soap and water aren't available, use alcohol based gels or wipes

Ask your health care professional about a seasonal flu shot

Prepared by UW-Superior's Environmental Health and Safety Department