

# Only *YOU* Can Prevent the Spread of Cold and Flu Germs!

## Prevent the Spread of Germs to...

### ...Children

Keep your children out of school or daycare when they are sick.

### ...Co-workers

Stay home from work when you are sick.

### ...Family, friends, others

When sick, skip family gatherings, community activities, and errands.

Always cough into a tissue or your sleeve.

### ...People in waiting rooms

Tell the office staff you are sick. Ask if they have special instructions for you.

#### San Joaquin County Flu Information Line

(209) 469-8200 or [www.sjgov.org/oes](http://www.sjgov.org/oes)

#### Centers for Disease Control and Prevention

(800) 232-4636 or [www.cdc.gov](http://www.cdc.gov)



San Joaquin County Public Health Services

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## How Can I Prevent Catching Germs?

- Wash hands often with soap and water or clean with sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Eat healthy, get rest, and exercise often.