

Flu Prevention Tips for Blast Emails

Flu prevention is as easy as 1-2-3.

1. Take time to get a flu vaccine.
2. Frequently wash your hands with soap and water or use an alcohol-based hand sanitizer.
3. Disinfect commonly shared objects and surfaces.

Visit www.SNHD.info for more information.

Prevent the spread of flu this season.

1. Frequently wash your hands with soap and water or use an alcohol-based hand sanitizer.
2. Stay home if you get sick.
3. Cover your coughs and sneezes with a tissue, or cough and sneeze into the crook of your elbow.

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Cough etiquette made easy.

1. Cough into a tissue or into the crook of your elbow.
2. Distance yourself from other people by at least three feet when coughing.
3. Wash your hands with soap and water or use an alcohol-based hand sanitizer.

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Other Suggested Topics:

- Brief reminders about sick policy/procedures for calling in sick
- Ways your organization can minimize group meetings (email, conference calls, video, etc.)