



Flu Season is Upon Us

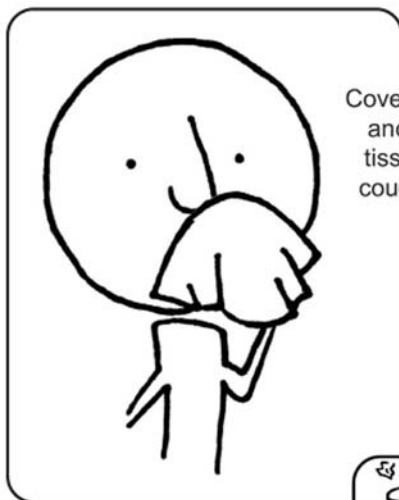
It is time to prepare for this year's flu season. Flu vaccine will be available free of charge to Rutgers' faculty and staff this fall through Rutgers Occupational Health Department. Please watch for dates in your pay stub and in the Human Resources' Weekly Digest.

To minimize your chances of getting the flu, please also remember to "Cover your Cough"! Additional information about flu prevention and care can be found on the CDC website at <http://www.cdc.gov/flu/>. The CDC also provides information about other viral respiratory infections such as Respiratory Syncytial Virus (RSV), Whooping Cough, SARS and Avian Flu through their website at <http://www.cdc.gov/>.

Printable versions of this poster are available in several languages at <http://www.cdc.gov/flu/protect/covercough.htm>.

Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or
cough or sneeze into your upper sleeve, not your hands.



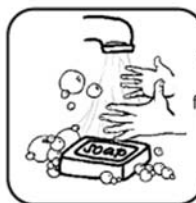
Put your used tissue in the waste basket.



You may be asked to put on a surgical mask to protect others.

Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds or



clean with alcohol-based hand cleaner.



Minnesota Department of Health
717 SE Delaware Street
Minneapolis, MN 55414
612-676-5414 or 1-877-676-5414
www.health.state.mn.us



Minnesota Antibiotic Resistance Collaborative



ASSOCIATION FOR PROFESSIONAL INFECTION CONTROL AND EPIDEMIOLOGY, INC.

