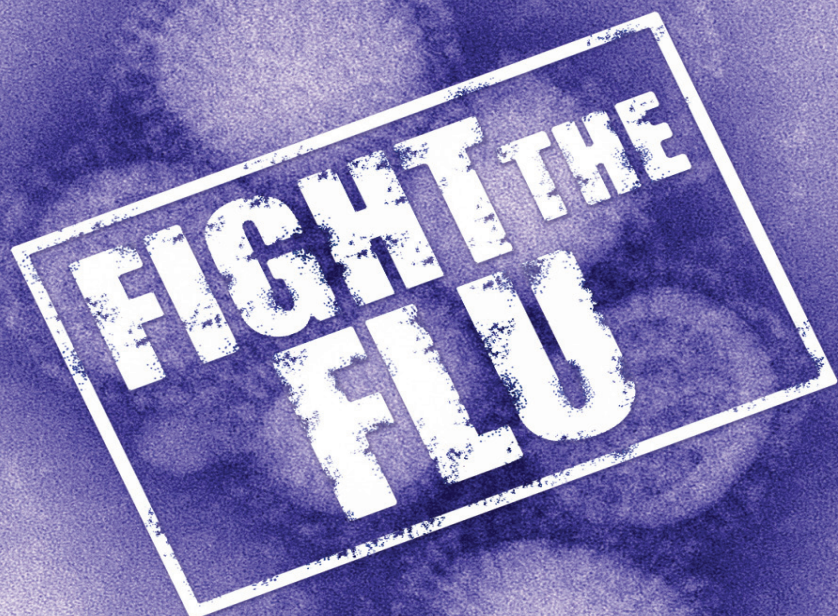


# IUPUI



Source: Centers for Disease Control and Prevention.  
For the latest IUPUI information regarding flu:  
<http://www.iupui.edu/prepared>

## Stop the Spread of Germs that Cause Flu and Other Respiratory Illnesses

### 1. Cover That Cough or Sneeze

Cover your nose and mouth with a tissue.  
Throw the tissue in the trash.  
OR Cough into your upper sleeve, not your hands.

### 2. Wash Those Hands and wash them often.

Wash for 15 to 20 seconds with soap and warm water.  
OR Clean hands with alcohol-based disposable hand wipes or  
gel sanitizer. If using gel, rub your hands until the gel is dry.

### 3. Get Flu Shots.

### 4. Stay home and contact your health care provider, if you are sick.

If you get sick with the flu, the CDC recommends you stay home  
from work or school for at least 24 hours after your fever is gone  
without the use of fever-reducing medications.