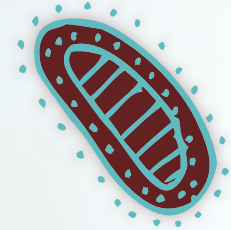
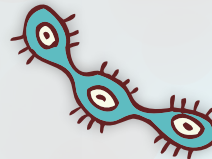
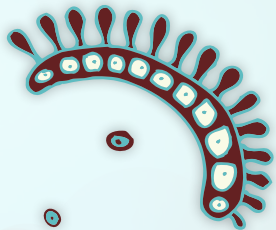


Germs are everywhere

Elevator buttons, door knobs, computers ... if you touch it, germs live there.
Follow these tips to keep you and others healthy!

- Wash your hands often, especially after you use the restroom and before you eat.
- Avoid touching your nose and mouth as much as possible.
- When washing your hands, use soap and warm water. Rub your hands together vigorously for at least 20 seconds (as long as it takes to say your ABCs).
- Keep hand sanitizer convenient for when you cannot wash your hands.
- Don't share cups, drinks, makeup, cell phones, and other personal items.
- Cover your coughs and sneezes, ideally with a tissue or your elbow. Then, be sure to wash your hands or use hand sanitizer.
- Stay home from class and work if you feel sick.
- Speak with your health care provider to determine if you should seek care.
- Many illnesses are vaccine preventable. Make sure you are up to date!



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