8 STEPS TO PROTECT YOUR HERD FROM COLDS & VIRUSES

- 1. Wash Yo r Hands Freq entl.
- 2. Co er Yo r Mo th and Nose ith a Tiss e or o r Slee e hen Co ghing or Snee ing.
- 3. Thro A a sed Tiss es in a Lined Trash can and Wash or Hands ith Soap Immediatel after.
- 4. Keep Yo r Hands Off Yo r Face.
- 5. Clean Yo r Home ith Disinfectants Reg larl.
- 6. No Sharing When Eating or Drinking.
- 7. Seek Help and E pert Medical Ad ice.
- 8. Don't Go O t and Sociali e.

For more information please contact Student Health Services or your Medical Provider

