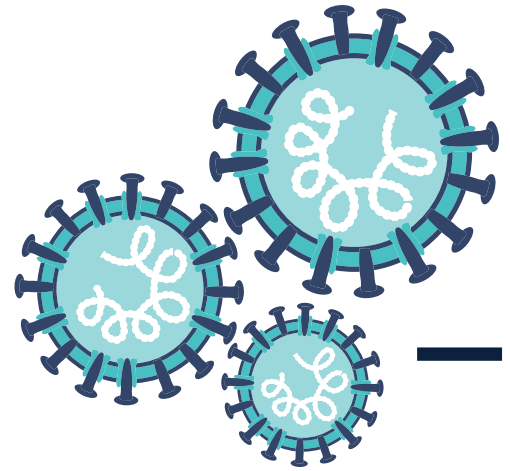


# Stop the Spread

It starts with you



## Stay home if you are sick

Viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.



## Cover your cough or sneeze

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.



## Wash your hands

Wash your hands often w/ soap & warm water rubbing hands briskly together for at least 20 seconds. Alcohol-based hand sanitizer can be used in addition to washing; **NOT** in place of.



## Avoid touching your eyes, nose, and mouth

If you touch surfaces with a virus you can get the virus by touching your eyes, nose or mouth.



## Get vaccinated

The flu can cause serious illness. Vaccination is the best way to protect yourself and your family.

**If you have questions or concerns, please contact Risk Management**

**Phone:** 480-731-8947 or 480-731-8888 **Email:** [dl-dssc-risk-management@domail.maricopa.edu](mailto:dl-dssc-risk-management@domail.maricopa.edu)

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