



Protect Yourself & Others!

Help prevent the spread of the common cold, flu, and other illnesses.

- **Cover** your nose and mouth with a tissue when you cough or sneeze. After, throw the tissue in the trash.
 - If there is no tissue, cough or sneeze into the crook of your elbow.
- **Wash** hands often with soap & water* especially before leaving a restroom.
 - Always wash hands before eating or touching your eyes, nose, or mouth.
- **Avoid** close contact with sick people and stay home when you're sick!



** Hand washing with soap & water is best. When not available, hand sanitizer may be used.*



HARVARD
Campus Services