

GERMS: JUST DON'T SHARE THEM

If you must go to work or do necessary errands with a minor illness, follow these tips from the CDC to help prevent the spread of germs:

- Wash your hands often with soap and running water. Wash your hands after blowing your nose and using the bathroom.
- Cough or sneeze into a tissue and throw it away. If you do not have a tissue, cough or sneeze into your elbow, not your hand.
- Avoid touching your eyes, nose, or mouth.

