



Keep our Campus Healthy

COVER YOUR COUGH/SNEEZE!



Cover your mouth and nose with a tissue when coughing or sneezing; if you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Use in the nearest waste receptacle to dispose of a tissue after use.



WASH YOUR HANDS

Use soap and water or hand sanitizer (convenient dispensers are located around campus).



Suds and friction remove the most germs.

Hand washing is the single most effective way to reduce the spread of germs. Remember to wash your hands after coughing or sneezing: use soap and water or alcohol-based hand rub:

- Wash with soap and water for 20 seconds, or use an alcohol-based hand sanitizer to clean hands.
- Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others.



GET VACCINATED!

Beat the flu season and take the time to get your annual flu vaccine.

IF YOU FEEL SICK:

- Stay at home until you are fever free for 24 hours without the use of fever-reducing medications.
- Avoid contact with others.
- If you experience severe symptoms, please contact your family physician.



For more information visit the QCC Health and Wellness website at:

www.QCC.edu/health-wellness



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