

How you can stay healthy this flu season



Give colleagues the cold shoulder

AVOID HANDSHAKES

to keep germs from spreading



In a poll of 1,000 workers

5 out of 10

prefer sick colleagues be sent home



Avoid spreading your germs

WASH HANDS FREQUENTLY

and discard soiled tissues in the trash



Don't spread germs by

ANSWERING PHONES

belonging to colleagues

Did You Know?

100 MPH

Speed of a sneeze

19.68 Feet

Distance that a sneeze travels

20 Minutes

Time sneeze droplets hang in the air

3 Hours

Time germs stay alive on hands

You get about **200** colds in a lifetime.

That equals about

FIVE YEARS
of your lifetime.

