



**Don't
Bug
Me!**

Tips to keep the flu bug out of the workplace.

- Wash your hands with soap and warm water for at least 20 seconds.
- Allow/Encourage employees to stay home when they are ill.
(Flu can remain in the system for up to a week of feeling better.)
- If you have excessive sneezing, coughing, or a runny nose, do not return to work.
- Cough or sneeze into a tissue or your elbow... not your hands.
- Keep anti-bacterial hand sanitizers readily available around the office.
- Clean your desktop and office door handles with disinfectant.
- Use an alcohol wipe for phones that are used by more than one person.
- Wash your hands after touching elevator buttons, stair rails, or escalator arms.
- Use a tissue or the edge of your sleeve or shirt to open doors.

Stop the bug and stop the flu!

Sponsored by Hillcrest HealthCare System and the Tulsa Health Department.