

Cold and Flu Season Back Again!



- Wash your hands OFTEN to keep germs away.
- Avoid sharing drinking glasses & utensils. You may be sharing more than you think!
- Keep hand sanitizer in your purse, book bag, car, anywhere! Use when soap/water aren't available.
- Keep your distance from those with a cold or flu.
- Avoid putting your hands near your eyes, nose or mouth unless you have washed.
- Stay home! If you don't need to go out, stay in!



UNCW Health Promotion

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