

STUDENTS, DO YOU HAVE YOUR FLU

PPE?



SMALL PACK OF
TISSUES

Influenza viruses are thought to spread mainly from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose or are inhaled by people nearby. **CDC recommends covering the nose and mouth with a tissue when coughing or sneezing and throwing the tissue in the trash after use.** Wash hands promptly after coughing or sneezing. If a tissue is not immediately available, coughing or sneezing into one's arm or sleeve (not into one's hand) is recommended.

(Personal, Protective, Equipment)

PERSONAL
HAND SANITIZER



Influenza may spread via contaminated hands or inanimate objects that become contaminated with influenza viruses. **CDC recommends that everyone be encouraged to wash their hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.** The product should include 60% alcohol.



SANITIZING
WIPES

Disposable wipes may be used to wipe down commonly used surfaces before each use. High-use surfaces include:

- Chairs – especially chair arms, desks, study carrels
- Remote controls
- doorknobs, refrigerator handles, faucet handles
- countertops
- Keyboards shared by others
- Headphones shared by others
- Telephone receivers and touch-tone pads shared by others



YOUR OWN
PEN/PENCIL

Use your own pen or pencil to provide your signature, sign-in/out, or leave written messages. Influenza may spread via contaminated hands or inanimate objects that become contaminated with influenza viruses.

SEASONAL
FLU VACCINE



One of the best ways to protect against the flu is to get vaccinated each year.