Bee Healthy!!
Help stop the spread of infection!

Hand washing stops germs. Wash your hands often with soap and water:
- After using the bathroom
- After touching any open cuts or sores
- Before and after handling food or chemicals
- After coughing or sneezing into your hands
- After changing diapers
- If soap and water aren’t available, use alcohol based gels or wipes

Good health habits help prevent illness at home, work, and school:
- Stay home when you are sick
- Cover your cough or sneeze with a tissue or your upper sleeve
- Avoid touching your eyes, nose and mouth
- Teach your children good health habits
- Ask your health care professional about a seasonal flu shot

Prepared by UW-Superior’s Environmental Health and Safety Department