

WAYS TO REDUCE THE SPREAD OF COLD & FLU

and other seasonal viruses



WASH

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.



DISINFECT

Disinfect high-touch surfaces using an EPA-registered product and following contact time on label to disinfect.¹



AVOID

Avoid close contact with people who are sick and stay home when sick.



COVER

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after using it.



DON'T TOUCH

Avoid touching your eyes, nose and mouth. Germs are easily spread by touching these areas.

Flu vaccine is critical in helping prevent or reduce severity of seasonal flu²



Scan for more information

[Ecolab.com/seasonal-virus-prevention](https://www.ecolab.com/seasonal-virus-prevention)
1 800 35 CLEAN

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¹ See product label for specific organism claims

² <https://www.cdc.gov/flu/prevent/prevention.htm>