

STOP THE FLU

and other contagious diseases

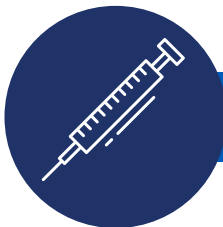
FROM SPREADING.

Take these simple actions to **STOP** the spread of germs.



WASH YOUR HANDS.

- Wet hands with water.
- Apply enough soap to cover the front and back of your hands and in between your fingers.
- Rub hands together and scrub the front and back of your hands and in between your fingers
- Wash the front and back of your hands, in between your fingers, and under your nails.
- Rinse your hands with clean water.
- Dry hands completely using a clean towel or single-use towel or air dry.



GET A FLU SHOT.

- Flu vaccination can keep you from getting sick with flu.



STOP THE SPREAD.

- Cover your mouth when coughing or sneezing.
- Avoid touching your eyes, nose, or mouth as much as possible.
- Do not share eating or drinking utensils.



STAY HEALTHY.

- Exercise regularly.
- Get more sleep.
- Eat healthy balanced meals.

OCCUPATIONAL HEALTH OFFICES

Bettendorf
4487 53rd Ave
563-421-0640

Davenport
1520 W. 53rd Street
563-421-0660

Moline
2526 41st Street
309- 281-2700

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915 13th Ave N
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563-244-5742

HOURS:
8 a.m. - 5 p.m.
Monday - Friday

