



# PROTECT YOURSELF AND OTHERS

- **Wash hands frequently**

*Wash with soap and warm water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.*

- **Cover your cough**

*Cough or sneeze into a tissue or your sleeve, not into your hands.*

- **Stay home when you are ill**

*Protect others and accelerate your recovery.*

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**Student Health Services**  
**541-737-WELL (9355)**  
**<http://studenthealth.oregonstate.edu>**

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