



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.

Student Health Services
541-737-WELL (9355)
studenthealth.oregonstate.edu

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