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