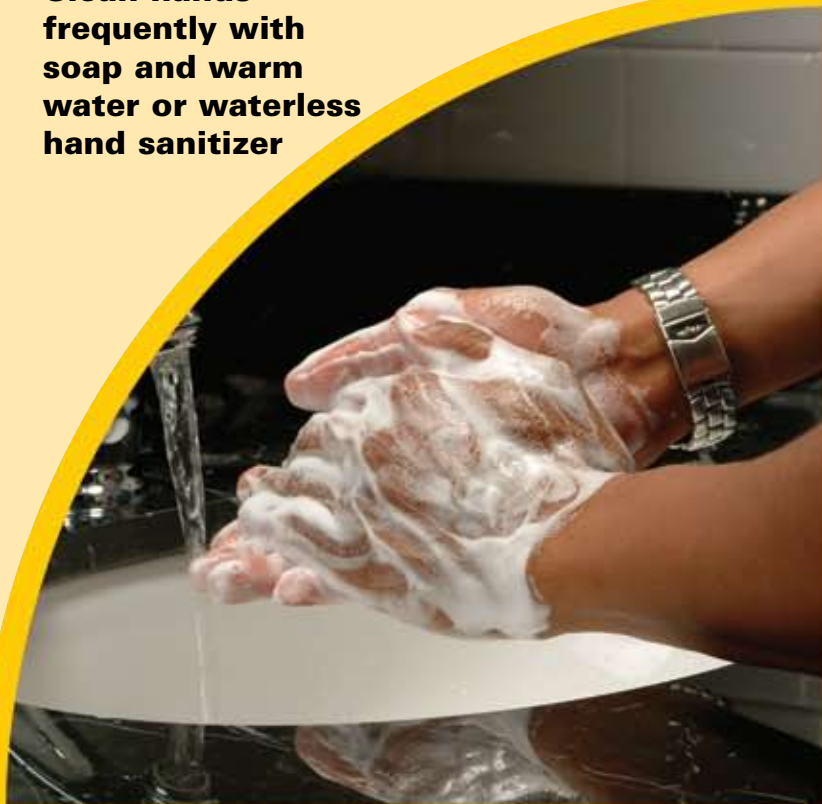


# Spread the Word, Not the Virus!

*Follow these four steps...*

1

**Clean hands frequently with soap and warm water or waterless hand sanitizer**



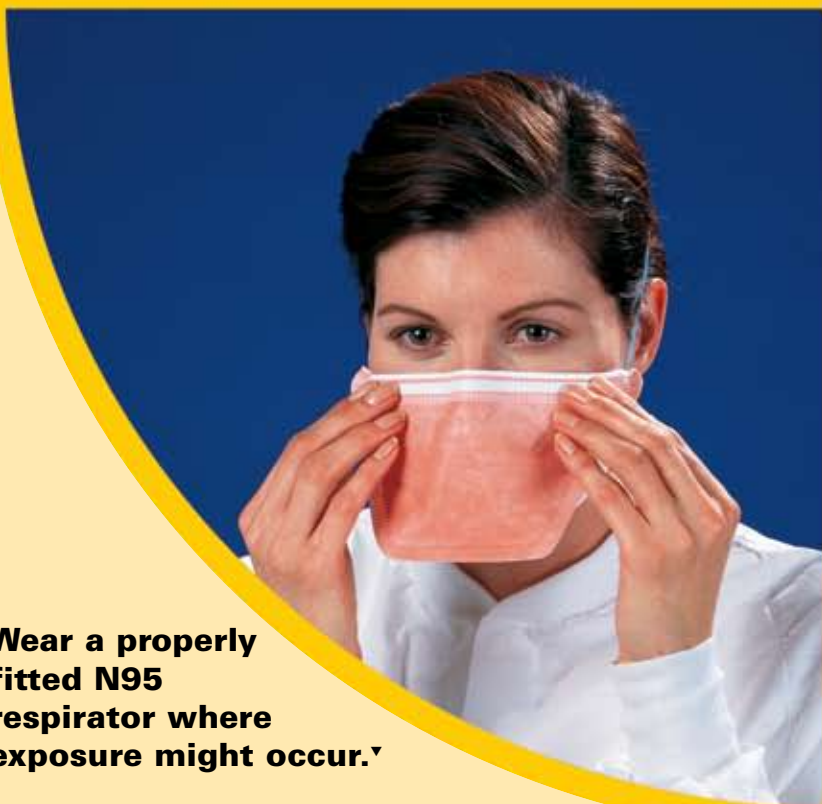
2

**Use tissues to cover your nose and mouth when coughing or sneezing.**



3

**Wear a properly fitted N95 respirator where exposure might occur.\***



4

**Consult your physician if symptoms continue.**



▼ To see OSHA fit testing procedures, visit [www.osha.gov/slc/respiratoryprotection/standards.html](http://www.osha.gov/slc/respiratoryprotection/standards.html)

**Help prevent the spread of respiratory infections!**

#### Hand Washing Tips:

1. Use tepid (not hot) water.
2. Wet hands before applying soap.
3. Rub together fronts and backs for 15 seconds.
4. Rinse thoroughly.
5. Dry completely, then use the towel to grab the door handle when exiting.
6. Apply lotion to limit chapping.
7. Use hand sanitizer when soap and water aren't available.

Kimberly-Clark Professional\*

<http://www.kcprofessional.com>

CDC Avian Flu Information to Know

<http://www.cdc.gov/flu/avian/>

World Health Organization

[http://www.who.int/csr/disease/avian\\_influenza/en/index.html](http://www.who.int/csr/disease/avian_influenza/en/index.html)

Business Pandemic Influenza Checklist

<http://pandemicflu.gov/plan/businesschecklist.html>

U.S. Government Avian Flu Information

<http://pandemicflu.gov/>

Safety Knowledge Network

<http://www.kc-safety.com/kn>