



# DON'T SPREAD GERMS AT WORK

**If you're sick, stay home, rest, and remember to:**



Cover your coughs and sneezes with a tissue or your sleeve.



Wash your hands often with soap and water.



Talk to your supervisor about working from home.

**Gargle™**

**1-888-8GARGLE (427453)**

*Employers: Consider offering flexible leave and telework policies. Make it easier for your staff to stay home when they're sick or caring for a sick family member*



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

For more information: [www.cdc.gov/npi](http://www.cdc.gov/npi) | 1-800-CDC-INFO (232-4636) | [www.cdc.gov/info](http://www.cdc.gov/info)