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.

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.

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