

# Use Your Head

**WASH  
YOUR  
HANDS**



Wash your hands thoroughly and often. Washing after bathroom breaks, prior to eating, and occasionally throughout the day will help keep you healthy.

If you feel the urge to sneeze, sneeze into the crook of your arm. This contains the sneeze and prevents contaminating your hands. Doing this also helps to protect other people.



Clean Items such as telephones, door handles, computer keyboards and refrigerator handles with disinfectant frequently.

## Protect yourself from the flu

Visit the web site for more information:  
[www.bucknell.edu/swineflu](http://www.bucknell.edu/swineflu)

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