

# Practice **good hygiene** to help prevent the spread of **disease!**

## Remember to always:



Cough or sneeze into a tissue or your sleeve



Wash your hands frequently



Use hand sanitizer often if soap and water are not available



Avoid drinking from a common source such as a punch bowl

## Don't share:



Drinking glasses or water bottles



Smoking materials



Eating utensils



Cosmetics or lip balm

Good hygiene practices help prevent the spread of disease and infection such as colds, pneumonia, flu, meningitis, and gastroenteritis.

Visit [bit.ly/RUhygiene](https://bit.ly/RUhygiene) for more information.