Sometimes the simplest things have the biggest impact.

Follow these three simple rules:

1. Cover your cough with a tissue or your elbow.
2. Wash your hands often or use alcohol-based hand sanitizer.
3. Stay home when ill.

Influenza is most easily spread if someone with flu is coughing in close proximity to another person. Flu season starts in the winter months and continues through spring. One case of influenza can spread to several people, even to healthy adults.

This message brought to you by Kirkwood Community College and the Iowa Department of Public Health.