



You Are the Best Protection Against Infection

With cold and flu season upon us, here are key things you can do to help keep you, your family and your community healthy and happy.

Wash hands regularly with soap and hot water or alcohol-based sanitizer.

Cover your mouth and nose when coughing or sneezing with your elbow rather than your hand.

Avoid touching your eyes, nose or mouth.

If you feel unwell or have a fever stay home.

Regularly clean surfaces with disinfectants in working areas such as desks, tables and kitchen.

Throw tissues in the trash immediately after use.

For questions or concerns contact the Risk Management Department at 1-800-822-3747 ext. 176



McNeil & Co.