

YOU CAN HELP OUR COMMUNITY

# STOP THE SPREAD OF GERMS



THERE ARE SIMPLE BUT EFFECTIVE STEPS YOU CAN TAKE TO PREVENT THE SPREAD OF FLU AND OTHER ILLNESSES



AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK



COVER YOUR COUGH OR SNEEZE WITH A TISSUE



AVOID TOUCHING YOUR EYES, NOSE OR MOUTH



CLEAN FREQUENTLY TOUCHED OBJECTS AND SURFACES



STAY HOME IF YOU ARE SICK EXCEPT TO GET MEDICAL CARE



WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR 20 SECONDS

 VISIT [CDC.GOV](https://www.cdc.gov) FOR MORE TIPS



**TECA** Tennessee Electric Cooperatives