



GERM WARFARE!



Program Coupon- CommonHealth

Learn simple ways to prevent the spread of germs and reduce your chances of getting sick.

❖ Wash Your Hands!

- 80% of infections are spread by the hands
- Scrub with warm water and soap for 20 seconds
- Use hand sanitizers when you can't get to a sink
- Cover your coughs and sneezes with your sleeve

❖ Keep Your Office Area Clean

- Wipe office equipment with disinfectant wipes daily
- Keep office kitchen area clean

❖ Get a Flu Shot

- The flu shot does *not* give you the flu
- Go to www.dhrm.virginia.gov to find out more about getting a free flu shot from participating pharmacies
- Your wellness benefit pays 100% for flu shots at the doctor's office

**To Receive Antibacterial Spray and a Micro-Bacterial Ink Pen,
Please Fill Out The Section Below And Return It To:**

Your Agency Coordinator by December 19th, 2008



GERM WARFARE!

NAME (print) _____

Employee CoVA ID Number _____

AGENCY _____

LOCATION _____