

What YOU Can Do to Prevent the Spread of Viruses and to Control Symptoms

Use universal precautions at all times in coordination with specific guidelines related to the service environment, the person's treatment plan and your role.

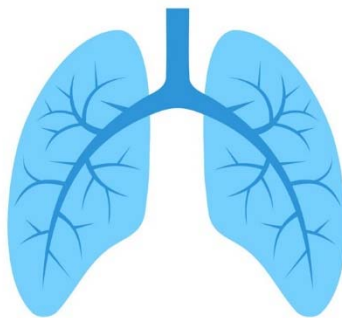


Wash your hands often and encourage others to do so. Use soap and water, and wash for at least 20 seconds. Carry hand sanitizer when you are out and away from sinks.



Don't share cups or spoons, knives or forks; and do wipe down toys and shared surfaces, like doorknobs, often.

If an individual we serve has asthma or any other lung disease, make sure he or she is taking all medication as prescribed, especially any respiratory "controller" medications used to prevent symptoms.



Demonstrate and educate others to cover coughs and sneezes with a tissue or the inside of the elbow, not the hand.



To prevent the spread of viruses, a **NO HANDSHAKE POLICY** for employees is in effect throughout The MENTOR Network.

Encourage and consider getting a flu vaccine this season for you and your family. Promote and support individuals we serve to receive the flu vaccine, under the direction of their physician, and review all age and medical condition appropriate vaccines.

