STOP THE SPREAD OF FLU, ADENOVIRUS AND OTHER VIRUSES

Wash your hands and use hand sanitizer frequently.

Clean high-touch surfaces such as doorknobs with antibacterial bleach wipes.

Don't share food, utensils, water bottles or cups.

If you are sick, stay home and rest.

Avoid those who are ill, if possible.

Get a flu shot, available at the University Health Center.

Want to learn more? Visit health.umd.edu/adenovirus-resources.