

# REDUCING DISEASE TRANSMISSION

**Proper HAND WASHING**  
reduces **GERMS** on hands  
**SANITIZING** work surfaces  
like **COMPUTER**  
**KEYBOARDS** and **DOOR**  
**KNOBS** can **REDUCE**  
the **SPREAD** of **GERMS**



**COUGHING INTO**  
**YOUR SLEEVE**  
means you won't  
transfer **GERMS** onto  
your **CLEAN HANDS** and  
**REDUCES TRANSMISSION**  
of cold and flu viruses



**GET THE SEASONAL FLU VACCINE**

**A message from the NMSU Communicable Disease Preparedness Committee**