

# Clover Park Technical College

**cares about your health.**

Now is the time to prepare for flu season.

**Health experts expect that the upcoming flu season may affect up to 25% of Pierce County residents. Now is the time to prepare and take care of yourself and family so that you stay well.**

**Here are some simple tips that will help you stay healthy:**

1. Wash your hands regularly with soap.
2. Do not share computers, pens/pencils, books, telephones without wiping them down first with an antibacterial wipe.
3. Sneeze or cough into your elbow or a tissue.
4. Stay home if you are sick to prevent the spread of illness.
5. Prepare at home for extended illness by having extra water on hand.
6. Stay up to date with college emergency preparations at [www.cptc.edu/prepare](http://www.cptc.edu/prepare).