

# TAKE YOUR HEALTH —— into —— YOUR OWN HANDS!

## HELP PREVENT the SPREAD of MUMPS:

- Don't share drinks or eating utensils.
- Cover your mouth/nose when coughing or sneezing.
- Refrain from kissing and other intimate activity.
- Don't share cigarettes and e-cigarettes.
- Wash your hands often with soap and water.
- Clean and disinfect frequently touched surfaces like sinks, doorknobs and tables.
- At the first sign of symptoms, visit a doctor.

**Questions?** Visit [health.syr.edu](http://health.syr.edu) or contact Health Services at 315.443.9005

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