

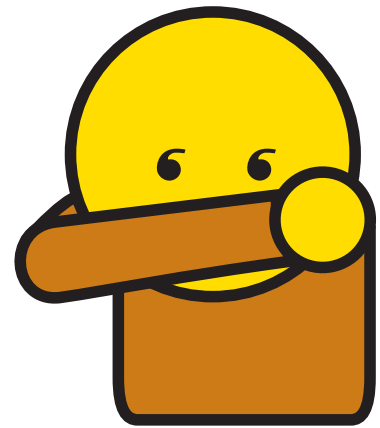
Flu Safety

Stop the spread of germs
that make you and others sick!

1. Cover your cough



Cover your mouth and
nose with a tissue when
you cough or sneeze.
Put your used tissue in
the waste basket.

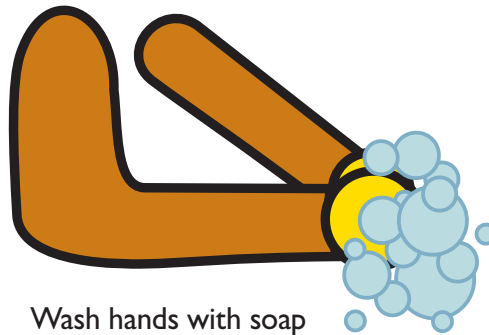


Cough or sneeze into
your upper sleeve, not
your hands.

or

2. Clean your hands often

especially after
coughing or sneezing.



Wash hands with soap
and warm water for at least
15 seconds.



or

Clean with alcohol-
based hand cleaner.



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