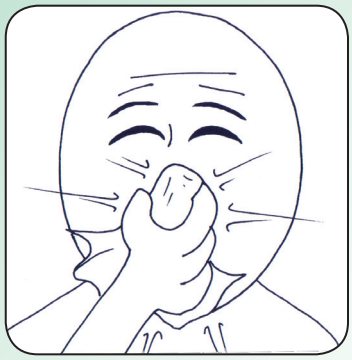
It's FLU season!

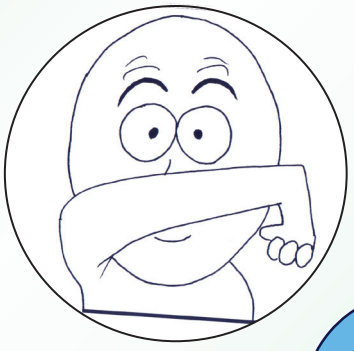
1 Cover Your Coughs & Sneezes



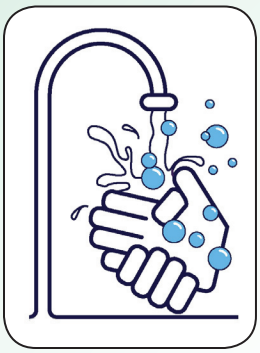
Use a tissue to cover your mouth and nose when you cough or sneeze

- or -

Cough or sneeze into your upper sleeve, not your hands



2 Wash Your Hands (especially after coughing or sneezing)



Scrub hands for 20 seconds with soap and warm water

- or -

If you can't find soap and water, use an alcohol-based hand cleaner

When to Wash Hands...

- Frequently throughout the day
- After coughing or sneezing
- Before eating or preparing food
- After using the bathroom
- After changing a diaper
- After petting animals
- After touching public doorknobs or door handles

YOUR HEALTH IS IN YOUR HANDS

WASH

FAIRFAX COUNTY HEALTH DEPARTMENT

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COUNTY OF FAIRFAX 1742 VIRGINIA

A Fairfax County, Va., publication. September 2009. To request this information in an alternate format, call the Health Department at 703-246-2411, TTY 711.