It’s FLU season!

1. Cover Your Coughs & Sneezes
   - Cough or sneeze into your upper sleeve, not your hands
   - Use a tissue to cover your mouth and nose when you cough or sneeze

2. Wash Your Hands
   - Scrub hands for 20 seconds with soap and warm water
   - 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