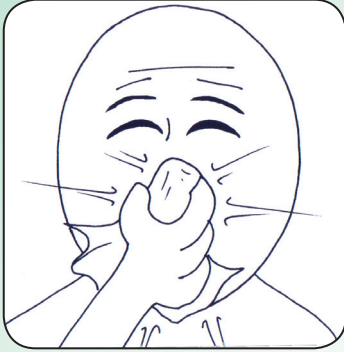


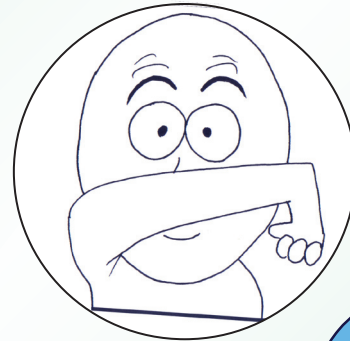
# It's **FLU** season!

## **1** Cover Your Coughs & Sneezes



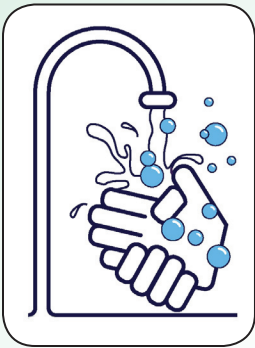
Use a tissue to cover your mouth and nose when you cough or sneeze

Cough or sneeze into your upper sleeve, not your hands



**- or -**

## **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

