

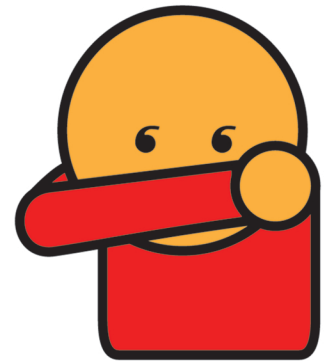
# Flu Safety

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.

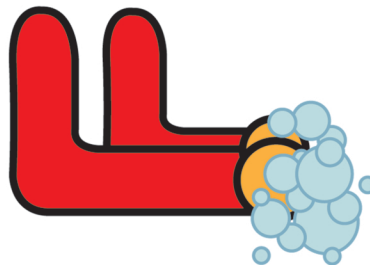


Cough or sneeze into your upper sleeve, not your hands.

or

## 2. Clean your Hands

*often, especially after coughing or sneezing.*



Wash hands with soap and warm water for 20 seconds.



Clean with alcohol-based hand cleaner.

or