

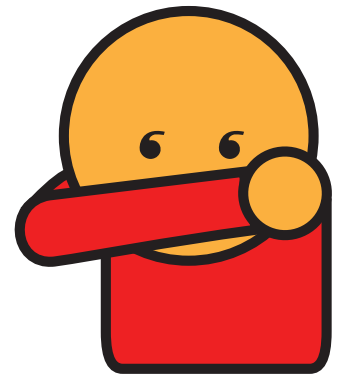
# Flu Safety

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.

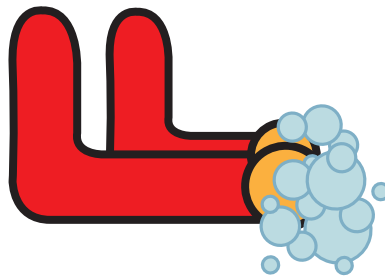


or

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

## 2. Clean your Hands

**often**, especially after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds.



or

Clean with alcohol-based hand cleaner.