

Remember,

DIRTY HANDS SPREAD FLU!



COUGH AND SNEEZE INTO A TISSUE.
NO TISSUE? THEN COVER WITH YOUR SLEEVE.

Don't Catch the Flu...

Don't Spread the Flu...

Get the Seasonal and H1N1 Flu Vaccines.

WASH YOUR HANDS WITH SOAP AND WATER.
USE ALCOHOL BASED HAND SANITIZERS.
AVOID TOUCHING YOUR EYES, NOSE OR MOUTH.