

# IT'S FLU SEASON

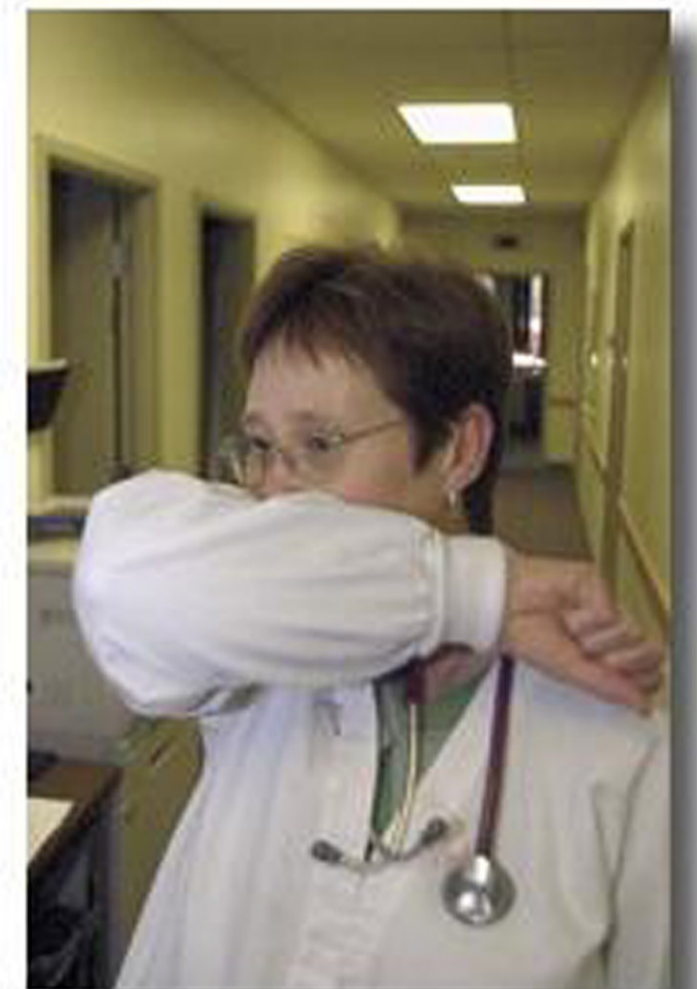
## Cover your Cough



**Cover your mouth and  
nose with a tissue**

**OR**

**cough or sneeze into  
your sleeve**



## Clean your Hands



**Wash hands with  
soap and warm  
water**

**OR**

**Clean with alcohol-  
based hand cleanser**

