

STOP THE SPREAD OF GERMS



Cover your
nose and mouth
when coughing
and sneezing



Dispose of used
tissues properly
after use



Regularly wash
hands with soap
and warm water



If you have flu-like
symptoms, seek
medical attention
immediately



If you have flu-like
symptoms, keep
distance of at
least 3 feet from
other people



If you have flu-like
symptoms, stay
home from work,
school or crowded
places



Avoid hugging,
kissing and
shaking hands
when greeting



Avoid touching
eyes, nose or mouth
with unwashed
hands