

# Protect yourself & others from **Influenza**

**You can help stop  
the spread of viruses**



## **Another tip:**

- ✓ Avoid touching surfaces like door knobs, ATM machines and light switches and then touching your eyes, nose or mouth.

**Cover your mouth  
and nose** with a  
tissue when you  
cough or sneeze.



**Throw tissues away**  
immediately.



**No tissue?** Cough  
or sneeze into your  
upper sleeve, not  
your hands.



**Clean your hands**  
often with soap and  
warm water, or gel  
or alcohol-based  
hand cleanser.



**Stay home** if you  
are sick or think  
you might be.



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