

# 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.



## Throw tissues away immediately.

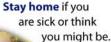


#### No tissue? Cough

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.





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