

# “Flu can be prevented” (even H1N1)

- Cover your nose & mouth w/ a tissue when you cough or sneeze (and discard in trash after use).
- Wash hands often w/soap & water, especially after you cough or sneeze.
- Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth (Germs spread this way!)
- Avoid close contact (6ft.) with sick people

Did You  
H.E.A.R.

Hand Washing. Eat Well. Avoid Sick People. Rest.