Stopping the Flu Starts with YOU

Cover Mouth and Nose

with a tissue or your sleeve – never use your hand.

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in a waste basket. Never reuse them.
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, NEVER your hands.
- Wash or sanitize your hands often during flu season – and always after coughing or sneezing.

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DEPARTMENT OF HEALTH