

# STOP THE FLU BEFORE THE FLU STOPS YOU!

Coughing and sneezing can spread the flu from person to person.



But you can become a **FLU FIGHTER!**

- ◆ Wash hands often with soap and water.



- ◆ Cover coughs and sneezes with your sleeve or a tissue.



- ◆ If you get sick, stay home.



- ◆ Avoid being around others who are sick.

## SING THOSE GERMS AWAY...



We recommend washing your hands with soap and warm water for 15 to 20 seconds. That's about the same time it takes to sing the "Happy Birthday" song twice!