

Did you know...

- The flu virus can live on surfaces for 8 hours?
- The flu virus can travel from a cough or a sneeze?



Take care of yourself. Wash your hands often.

CHECK OUT THESE FLU BUSTING TECHNIQUES



USE TISSUE



USE UPPER SLEEVE (not hands)

1 Cover your cough the right way!

2 Wash your hands the right way!

3 Sanitize your hands often!

- BEFORE handling or eating food

- AFTER wiping your nose or coughing



Stay healthy. Stay flu free!