

STOP THE SPREAD OF GERMS THAT MAKES YOU AND OTHERS SICK!

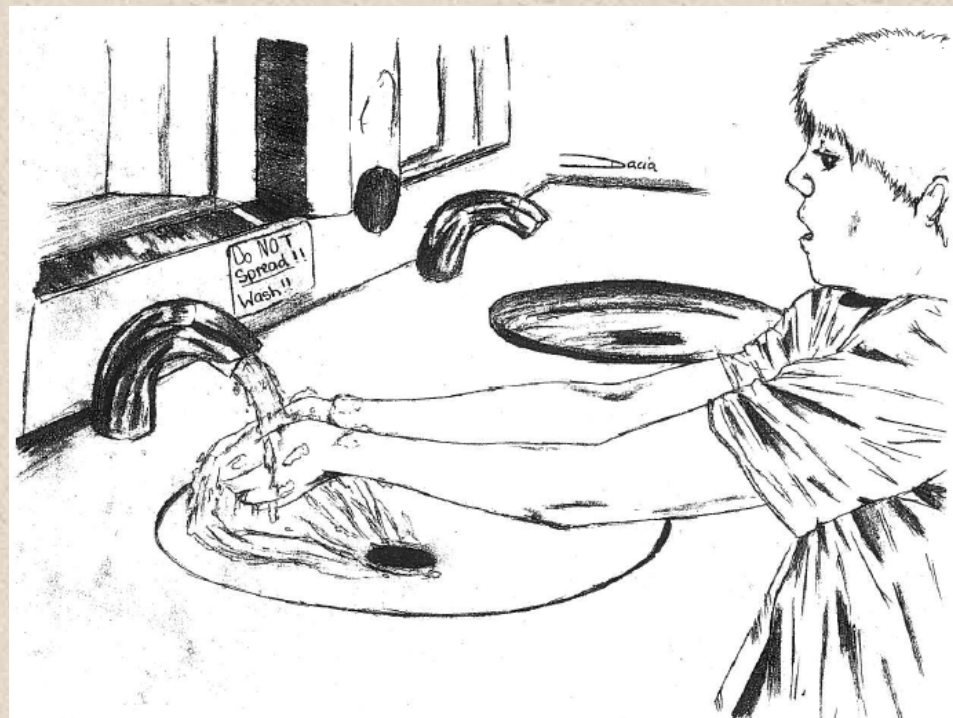
Cover Your Cough



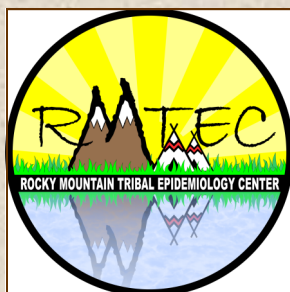
Cover Your Mouth
If you sneeze or cough, make sure that you do it into a tissue then throw the tissue away and wash your hands.

Cough or sneeze into your upper sleeve, not your hands.

Wash Your Hands



The Swine Flu spreads through person-to-person contact. After touching any doors, handrails, even shaking hands with someone, sneezing or blowing your nose, make sure that you wash your hands with soap and water or use an alcohol based hand cleaner. Avoid touching your eyes, nose and mouth as much as possible, but if you have to make sure that you are washing your hands and/or using an alcohol based hand cleaner.



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