

STOP INFLUENZA



WASH YOUR HANDS WITH SOAP AND WATER OR A SANITIZER

- ✓ when arriving home or at school
- ✓ before eating
- ✓ after using the toilet
- ✓ after sneezing or coughing

WHEN YOU COUGH OR SNEEZE

- ✓ cover your nose and mouth with a tissue or your sleeve
- ✓ throw the used tissue away in a bin as soon as possible

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