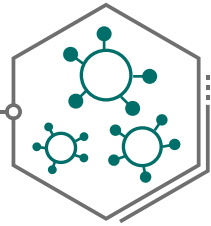


# Steps You Can Take to Help Stop the Spread of the Flu



Follow these steps to take care of yourself and others.

**WASH** your hands and use sanitizer frequently.



**COVER** your nose and mouth when sneezing or coughing.



**STAY HOME** if you are sick, especially if you have a fever.



**AVOID** people who are ill as much as possible.



**DON'T TOUCH** your face, especially your eyes, nose and mouth.



**CLEAN** your work area surfaces with a sanitizing cleaner often.

Please wear a mask whenever possible.



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