

STOP THE SPREAD OF GERMS

FLU SEASON IS APPROACHING

NOSE BLOWING, SNEEZING AND COUGHING ETIQUETTE



Do not cough or sneeze in your hands ❌

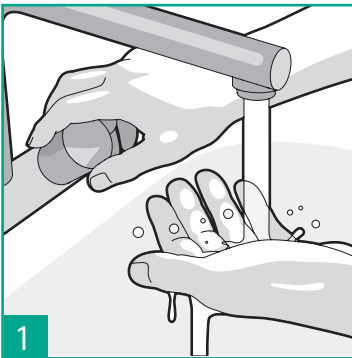


Use a tissue and dispose immediately ✅✅

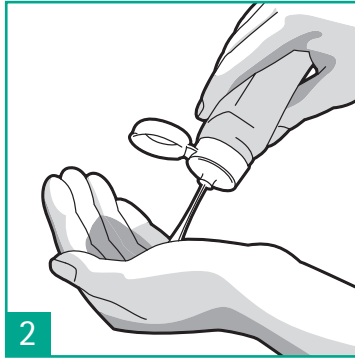


If you do not have tissue: cough or sneeze into your upper sleeve ✅

AFTER COUGHING, SNEEZING OR BLOWING YOUR NOSE



Wash your hands with soap and water



Disinfect visually clean hands with alcohol-based handrub

Prevent yourself and your loved ones from the flu season.