



Protect Yourself

...and others from influenza

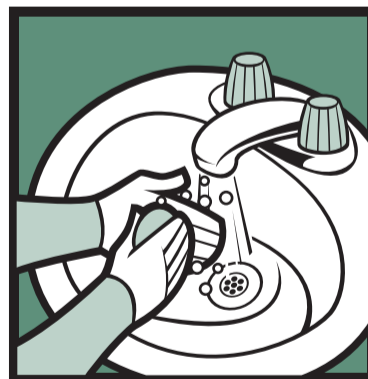
Stop the spread of viruses that make you and others sick!



Cover your mouth and nose with a tissue when you cough or sneeze.



No tissue?
Cough or sneeze into your elbow, not your hands.



Clean your hands often with soap and warm water, or a gel or alcohol-based hand cleanser.



Stay home if you are sick.



**Saskatchewan
Ministry of
Health**

For more information, visit
www.health.gov.sk.ca/influenza-flu

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