

# Fight the Flu. Stop the Spread!



Wash your hands often with soap and water. Sing happy birthday to yourself twice while washing. You can also use a hand sanitizer to clean your hands.



Cover your mouth with a tissue when you cough or sneeze. Or use your inner elbow - **not** your hands.



If you start to feel sick, tell your parents or school nurse right away.

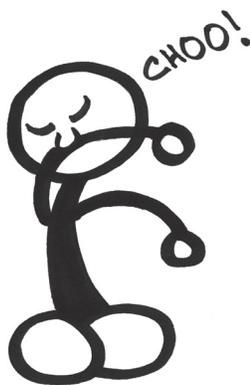


If you are sick with the flu, your parents will keep you home until your fever goes away.

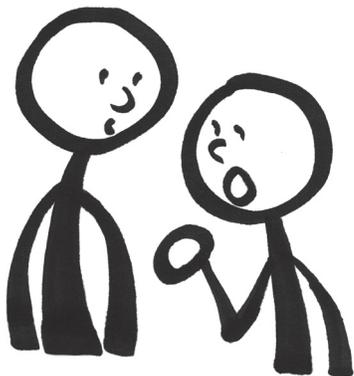
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