

# Did you know...

- The flu virus can live on surfaces for 8 hours?
- The flu virus can travel from a cough or a sneeze?



*Take care of yourself. Wash your hands often.*

## CHECK OUT THESE FLU BUSTING TECHNIQUES



**USE TISSUE**



**USE UPPER SLEEVE (not hands)**

**1** Cover your cough the right way!

**2** Wash your hands the right way!

**3** Sanitize your hands often!

- BEFORE handling or eating food

- AFTER wiping your nose or coughing



*Stay healthy. Stay flu free!*