## Reduce your risk of flu/ Coronavirus



Washhands often with soap and water. Alcohol-based hand rubs are also effective.

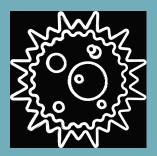


Remind others to cover their nose and mouth with their elbow or a tissue when they cough or sneeze.



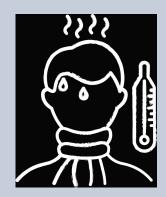


Avoid touching your eyes, nose or mouth.





Stay home from school, work and other social gatherings if your are ill.



Avoid close contact with anyone who is experiencing flu-like symptoms.