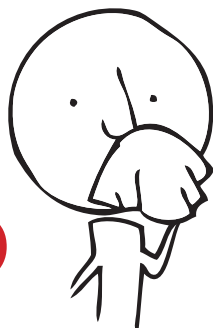


Help **STOP** **THE SPREAD** of **RESPIRATORY** **ILLNESS!**



When a nasty lung infection begins to spread in our area causing severe coughs, lung congestion and other respiratory symptoms — there is something we can do about it.

Don't let it spread, wash instead!



Wash your hands

for 30 seconds in hot soapy water — or use hand sanitizer



Cough in your sleeve or use tissue

— then wash your hands



Stay home if you're sick

Avoid close contact with others.

If you're already sick, see your health care provider.

Remember, even if you are not sick, you can spread the germs at home or when you travel.

