Protect Yourself

...and others from influenza

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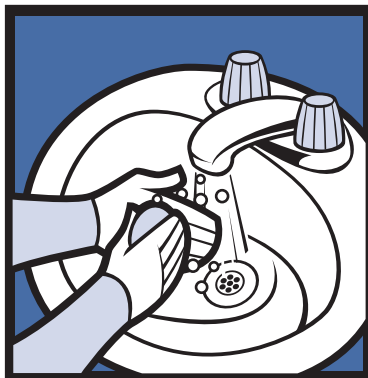

Cover your mouth and nose with a tissue when you cough or sneeze.

Throw tissues away immediately.

No tissue? Cough or sneeze into your upper sleeve, 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.

BRITISH COLUMBIA | Ministry of Health

For more information, visit **www.health.gov.bc.ca/ pho/influenza.html**