

# Keep **the flu** from spreading



- 1 Wash hands often**
- 2 Use alcohol-based hand wipes and sanitizers**
- 3 Avoid close contact with those who are sick**
- 4 Cover your mouth and nose**
- 5 Stay home if you are sick**

For more information:

<http://www.mnstate.edu/hendrix>

<http://www.co.clay.mn.us/depts/health/health.htm>

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