

Protect yourself and others
from influenza. Remember to...

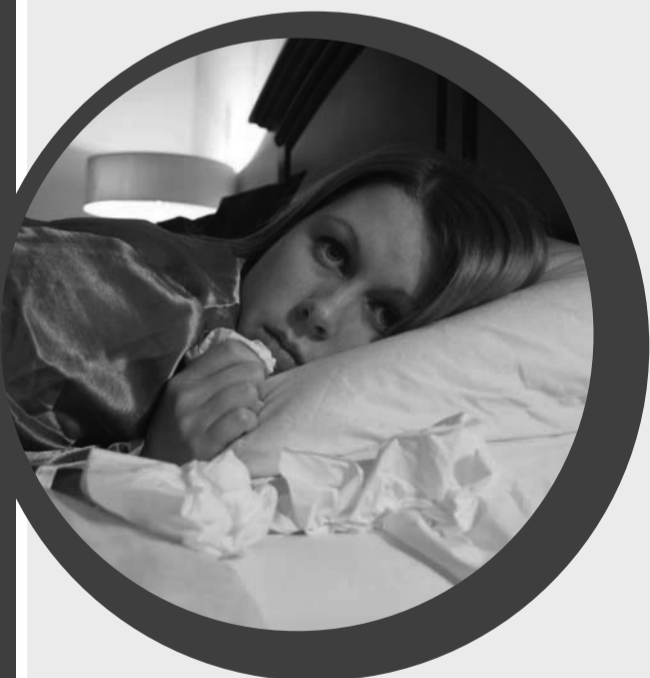
Clean, Cover & Contain



Clean
your hands



Cover
your coughs and sneezes
with a tissue or the crook
of your arm



Contain
your illness -
stay home and rest


**Newfoundland
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Newfoundland & Labrador

HealthLine

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