



Seasonal Flu?

or

H1N1?

**Don't pass the flu along.**

### **Help us prevent the spread of the flu.**

- 1. Wash your hands often.**
- 2. Eat right!**
- 3. Get plenty of exercise.**
- 4. Wash your hands often.**
- 5. Get lots of fresh air.**
- 6. Get plenty of rest.**
- 7. Wash your hands often.**
- 8. Use tissue and toss; cover your cough by coughing in your sleeve.**
- 9. Don't share anything that touches someone else's mouth.**
- 10. Wash your hands often.**

**It's Simple:**

**Cover coughs & sneezes. Wash hands often. Don't share food & drinks.**

**More Information:** <http://www.capitalareaprepares.com>