

KEEP YOUR GERMS TO YOURSELF



WASH YOUR HANDS

Wash your hands often. Scrub for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.



COVER YOUR COUGH

Use a tissue to cover your mouth and nose when you cough or sneeze. No tissue around? Your sleeve will do.



STAY HOME

If you get sick, stay home until you're well so you don't spread more germs. Steer clear of others who are sick.



GET YOUR SHOTS

Protect yourself by getting all your flu shots. You need both the seasonal flu shot as well as the new H1N1 shot.

Stopping the flu is up to you.



TexasFlu.org