

Protect yourself and others!

Help stop the spread of harmful viruses.



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



No tissue? Cough or sneeze into your elbow, not your hands.



Wash your hands often with soap and warm water, or use a hand sanitizer.



Stay home if you are sick.

Hand washing is important to stop the spread of germs and avoid getting sick. Stay healthy. Wash your hands often and for **at least 20 seconds**.

Adapted from 'Protect Yourself and others from influenza: Stop the spread of viruses that make you and others sick!' © Province of British Columbia. All rights reserved. Adapted with permission of the Province of British Columbia.