

# Protecting Yourself & Others **against the flu**

Kids Against **FLU** Campaign

**1** Avoid sharing objects such as spoons, forks, cups, pencils and bottles, especially if you have a cold.

**2** Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your elbow or upper arm, not your hands.

**3** Dispose of used tissue properly into a garbage can

**4** Wash your hands with soap and water after sneezing or coughing.

**5** Always keep your hands away from your eyes, nose and mouth to keep germs from entering your body.

**6** Always stay at home when you are ill

**7** Try to avoid close contact with sick people.

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