

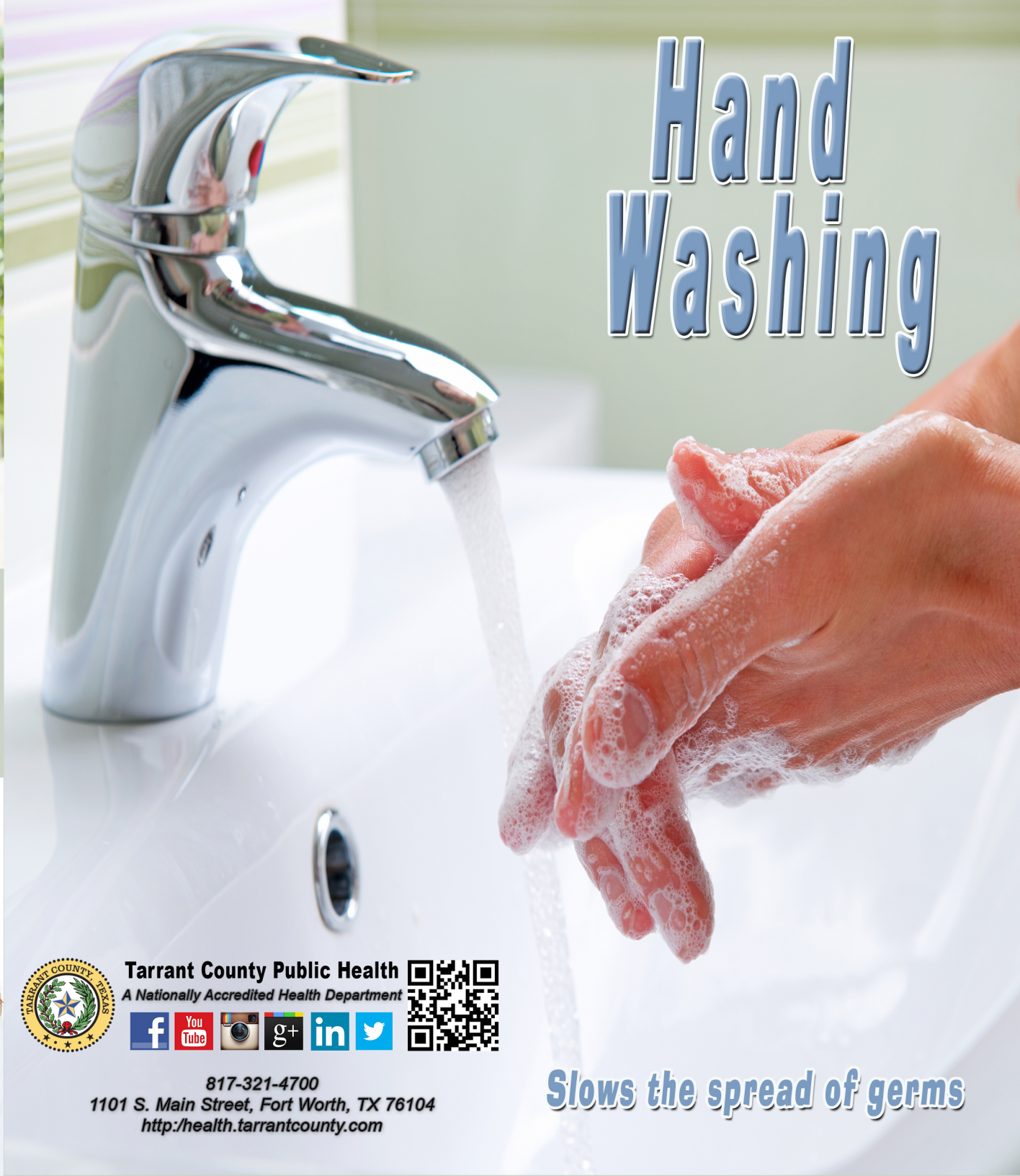


## Cover coughs and sneezes

- Use a tissue or your upper sleeve – not your hands. Put the used tissue in a wastebasket. Then wash your hands.
- Keep your hands away from your nose, mouth and eyes.
- Avoid close contact with others if you are feeling ill – and stay at least three feet away from a person who is coughing or sneezing.

## Cut down on coughs and sneezes with a flu shot every year

An annual flu shot helps build immunity to seasonal flu.



# Hand Washing



**Tarrant County Public Health**

*A Nationally Accredited Health Department*



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## Slows the spread of germs



