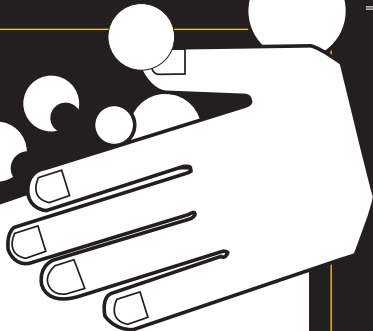


**GOOD
HEALTH**
IS IN YOUR HANDS



5 SIMPLE WAYS to prevent the spread of respiratory illnesses

- 1** Wash your hands frequently.
- 2** Cover your mouth and nose when you cough or sneeze.
- 3** Try to avoid close contact with sick people.
- 4** Stay home if you have a temperature of over 100.4° Fahrenheit.
- 5** Talk to your health care provider about flu vaccination.

PREVENTION IS KEY!

Sponsored by Gustavus Health Service and the Infectious Disease Committee