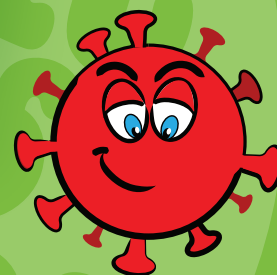


# Stop the flu & COVID, too!



**Wash  
your  
hands!**

**wet & soap  
wash 20 seconds  
rinse & dry  
turn off water  
with paper  
towel.**



**cover  
it up!**

**cover your cough  
cover your sneeze**



**stay home!**

**tell a grown-up  
and stay home  
when you're  
feeling sick!**



**Don't  
Bug  
Me!**

**These tips help keep you and others safe!**

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For more helpful tips: [portneuf.org/dontbugme](https://portneuf.org/dontbugme)

