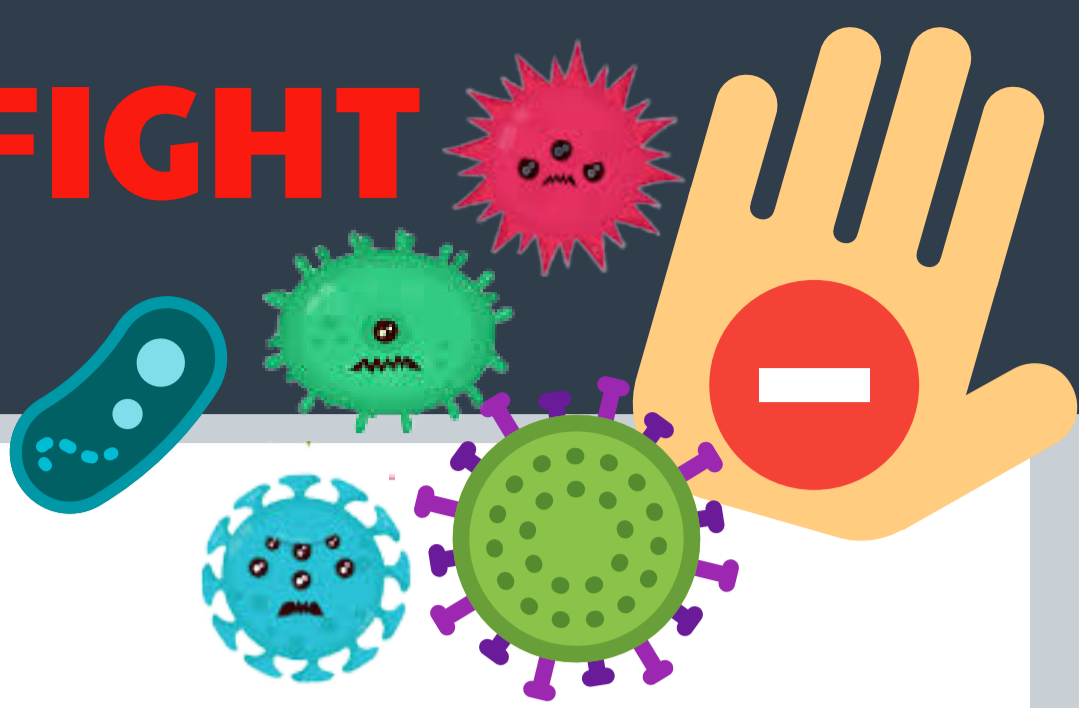


# HOW TO FIGHT FLU



**#1**

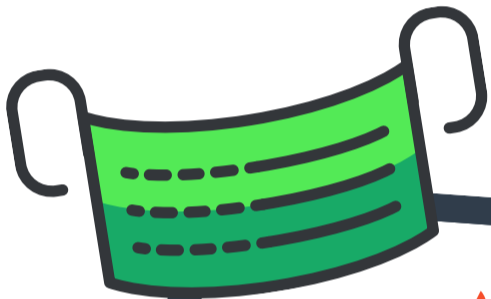
## GET VACCINATED

Influenza or flu can give serious illness. vaccination is the best way to protect yourself and your family

**#2**

## WASH YOUR HAND

Wash your hand with soap for 20 second or use alcohol soap based hand cleaner



**#3**

## COVER YOUR COUGH

Cover your mouth and nose with tissue. toss the tissue in waste basket and wash your hand



**#4**

## CONTAIN YOURSELF

Stay at home if you sick until you are well again so that you dont spread more germs

