



# Protect Yourself

## ...and others from influenza

Stop the spread of viruses that make you and others sick!



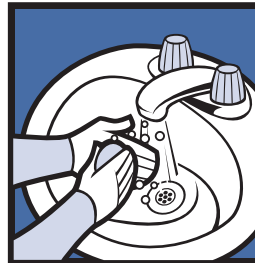
Cover your mouth and nose with a tissue when you cough or sneeze.



Throw tissues away immediately.



No tissue? Cough or sneeze into your upper sleeve, not your hands.



Wash your hands often with soap and water or an alcohol-based hand sanitizer.



Stay home if you are sick.



Pandemic Influenza Preparedness

For more information, visit [www.gov.bc.ca/h1n1](http://www.gov.bc.ca/h1n1)