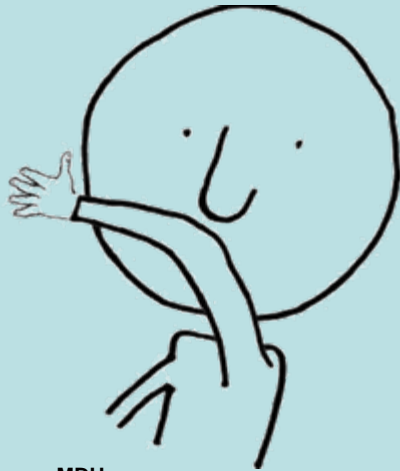


Stop colds and the flu from going around... Stop the GERMS!!!



MDH

**COVER OUR COUGH
AND SNEEZES
WITH OUR SLEEVES...
NOT OUR HANDS...**

**WASH OUR HANDS
AFTER USING TISSUES
OR HANDKERCHIEFS TO
BLOW OUR NOSE!**

(Throw tissues away after using).

STAY HOME WHEN SICK!

**SPREAD THE WORD...
NOT THE GERMS!!!**



This public health message is brought to you by the
Chesapeake Medical Reserve Corps

www.cityofchesapeake.net/mrc

We make a positive difference in our community...

Join us by calling (757) 382-8719

