

W

Wash your hands often.



H

Home is where you stay when you are sick.

A

Avoid touching your eyes, nose, and mouth.

C

Cover your coughs and sneezes.



K

Keep your distance from people who are coughing and sneezing.

the flu!



Santa Cruz County
Health Services Agency,
Public Health Division

Materials adapted from City of Berkeley Public Health

For more information visit: www.santacruzhealth.org/flu