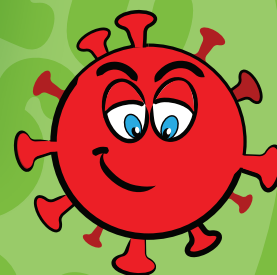


Stop the flu & COVID, too!



**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!**



These tips help keep you and others safe!

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For more helpful tips: hillcrestmedicalcenter.com/dontbugme

