Help Stop the Flu.

Wash your hands!

1. Wet Hands  
2. Soap  
3. Wash 20 secs.  
4. Rinse  
5. Dry  
6. Turn off water with paper towel

Cover your cough!

Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.

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For more helpful tips, visit www.Hillcrest.com or www.Tulsa-Health.org