

W

Wash your hands often.



H

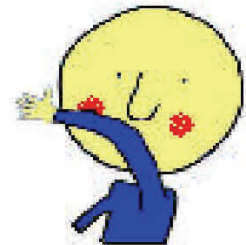
Home is where you stay when you are sick.

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!**



**Public Health**  
Prevent. Promote. Protect.

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](http://www.santacruzhealth.org/flu)