



**Cover your mouth!
Wash your hands!**

**Don't
Bug
Me!**

**Stop the bug
and stop the flu!**

Sponsored by Hillcrest HealthCare System and the Tulsa Health Department.



1

Cover your mouth and nose when you cough or sneeze.

2

Wash your hands a lot - - with soap. Wash long enough to sing “Happy Birthday” twice.

3

Stay at home when you are sick.

Stop the bug and stop the flu!