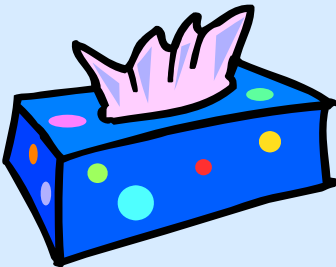


# Flu Season Respiratory Etiquette

**GERMS ARE OFTEN SPREAD BY COUGHING,  
SNEEZING OR BY UNWASHED HANDS. USE GOOD,  
SIMPLE MANNERS WHEN COUGHING OR SNEEZING:**



**COVER YOUR MOUTH AND NOSE**



**Blow YOUR NOSE INTO A TISSUE  
discard in the trash**



**Wash your hands  
Before touching someone**

Stay healthy, help protect yourself and your family from getting sick.  
See your health care provider or contact the  
Escambia County Health Department about getting this year's flu shot.

Escambia County Health Department  
(850) 595-6683  
[www.Escambiahealth.com](http://www.Escambiahealth.com)

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