

# Prevent the Spread of H1N1 Flu

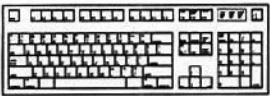
## ACTION STEPS



**Cover your mouth when sneezing or coughing**



**Wash your hands and practice good hygiene**



**Clean frequently used surfaces and items**



**Avoid touching your eyes, nose and mouth**



**Tell your teacher or school nurse if you don't feel well**