

**Don't Shake, It's  
a Mistake!**



*Avoid winter  
colds and flu!*

*Wash your hands  
several times a day  
to help us all avoid  
winter colds and  
flu!*

*When coughing, cover your mouth by placing it inside your  
elbow and cough on your sleeve. Using your hand to cover your  
mouth is polite, but not effective.*

