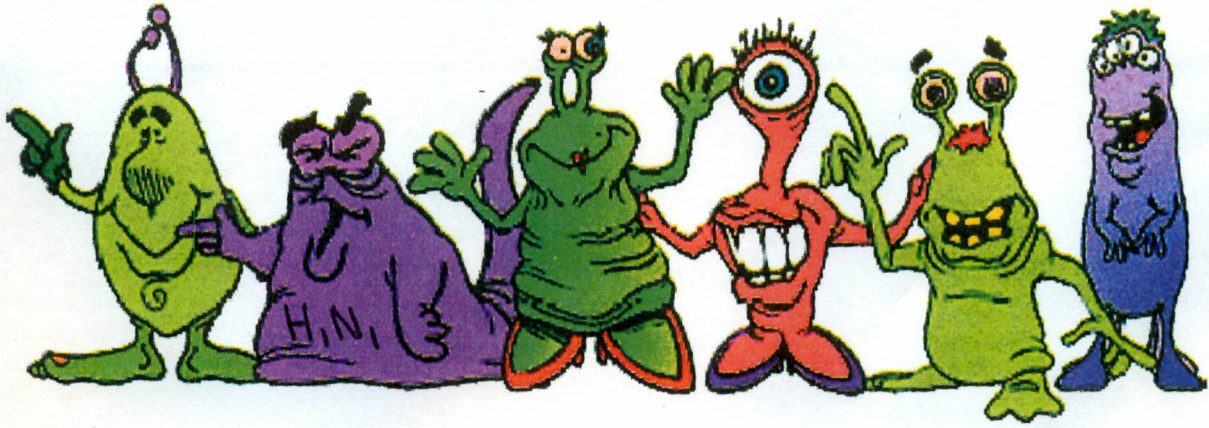


Beat the Flu BUG!!!



- If you are sick with the flu, stay home.
- Wash your hands often:
Wet hands, use soap, rub your hands together for the time it takes to sing the ABC's, rinse, then dry.
- Use hand gels or wipes if hand washing is not available.
- Cover your mouth and nose with your upper arm when coughing and sneezing.
- Use a tissue when blowing your nose.
- Wash your hands after sneezing, blowing your nose, coughing, and using the restroom.
- Wash your hands before eating.
- Don't share glasses, forks, spoons, or other things someone else has put in their mouth.
- Talk to your parents about the flu and hand washing at home.
- Eat healthy foods, get plenty of rest, and be active.
- To learn more about flu visit: www.healthyiowa.org or call (800) 362-2736.