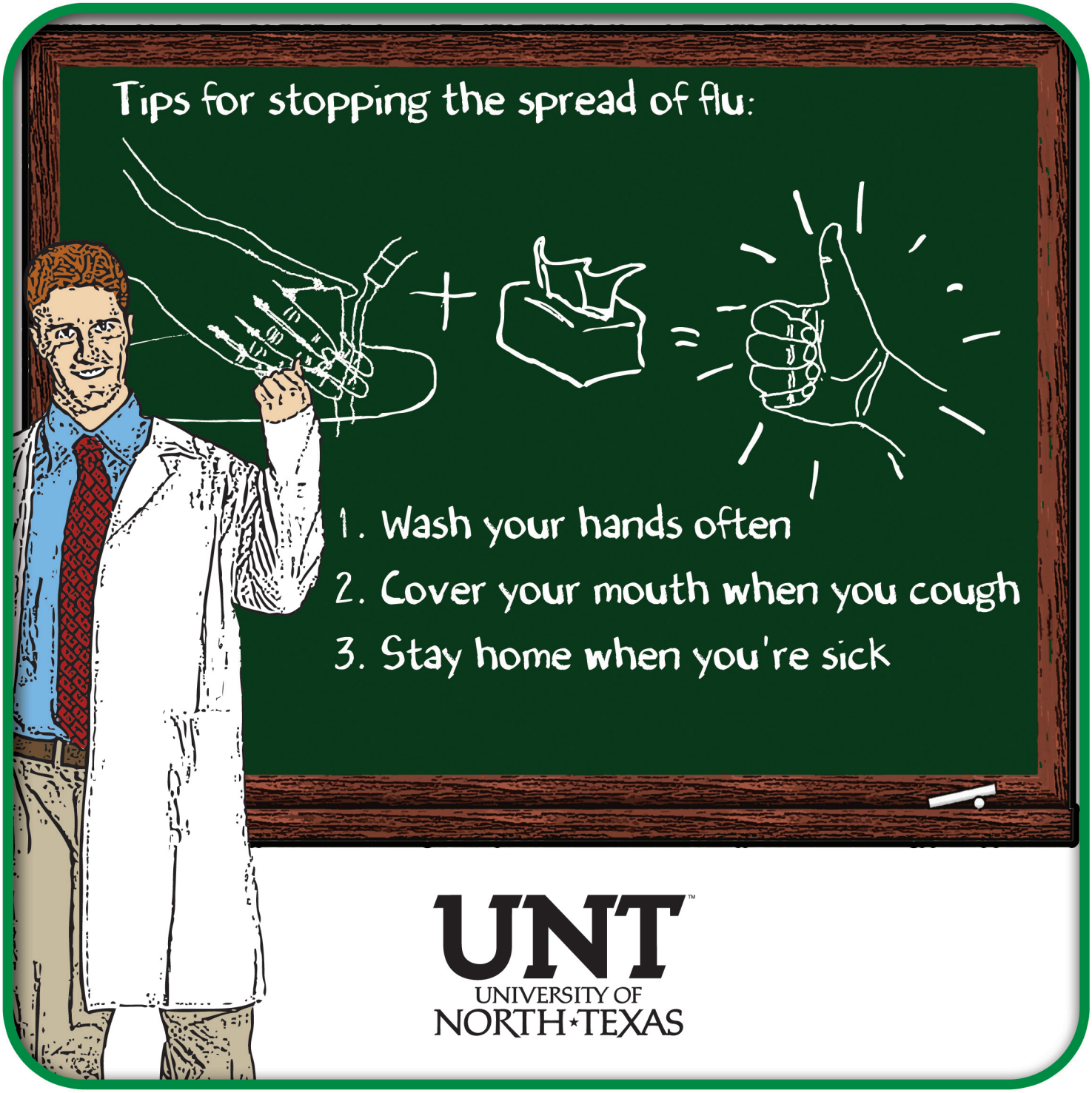

STAY FLU FREE AT UNT

For additional information, please visit:

UNT's Flu Advisory – *www.unt.edu/flu*

UNT Health Center – *www.healthcenter.unt.edu*

Texas Department of State Health Services – *www.texasflu.org*

Centers for Disease Control and Prevention – *www.flu.gov*

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STOP THE SPREAD OF FLU

REMEMBER THE 3 C'S

1 CLEAN

Wash your hands often. Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.

2 COVER

Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. Don't have a tissue? The crook of your elbow will do.

3 CONTAIN

Contain germs by steering clear of others who are sick. If you do get sick, stay at home until you're well again, so you don't spread more germs.

TEXAS Department of State Health Services

19-17148

For more information, visit **www.unt.edu/flu**

UNIVERSITY OF NORTH TEXAS

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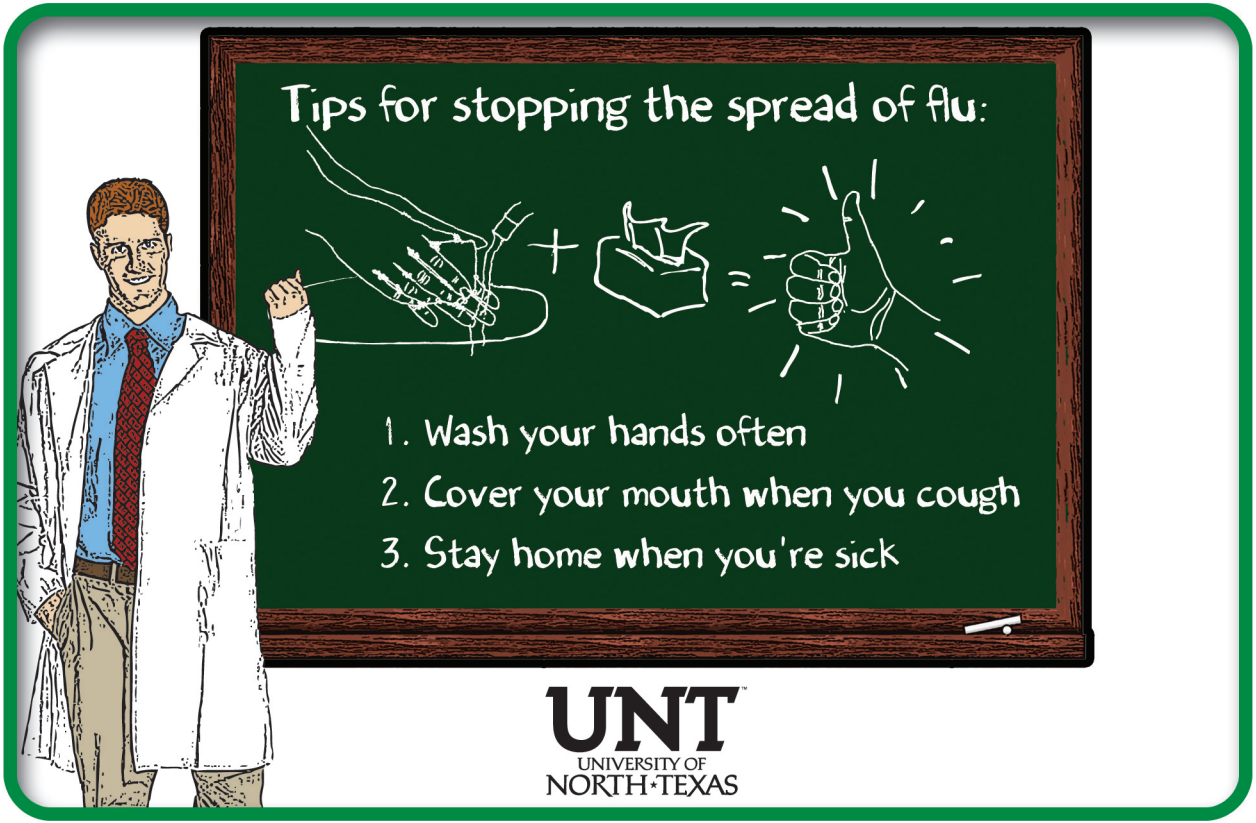

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