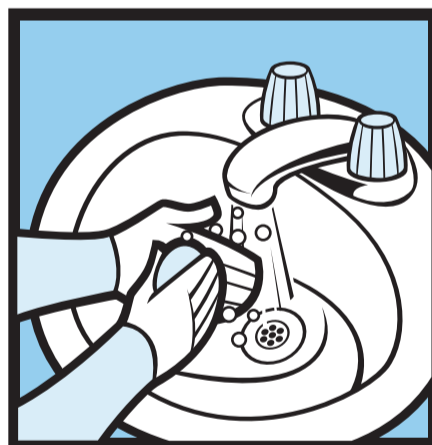# Protect yourself and others from influenza

Stop the spread of viruses that make you and others sick!

Cover your mouth and nose with a tissue when you cough or sneeze.

No tissue? Cough or sneeze into your elbow, not your hands.

Clean your hands often with soap and warm water, or a gel or alcohol-based hand cleanser.

Stay home if you are sick.

For more information, visit **saskatchewan.ca/flu**

Government of Saskatchewan