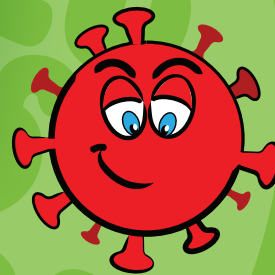


# Stop the flu & COVID, too!

Don't  
Bug  
Me!



Wash  
your  
hands!

wet & soap  
wash 20 seconds  
rinse & dry  
turn off water  
with paper  
towel.



cover  
it up!

cover your cough  
cover your sneeze



stay home!

tell a grown-up  
and stay home  
when you're  
feeling sick!



Don't  
Bug  
Me!

These tips help keep you and others safe!

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Mountainside Medical Center

For more helpful tips: [mountainsidehosp.com/dontbugme](https://mountainsidehosp.com/dontbugme)

