

# KEEP YOUR GERMS TO YOURSELF



## WASH YOUR HANDS

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



## COVER YOUR COUGH

Use a tissue to cover your mouth and nose when you cough or sneeze. No tissue around? Your sleeve will do.



## STAY HOME

If you get sick, stay home until you're well so you don't spread your germs. Steer clear of others who are sick.



## GET YOUR SHOT

Protect yourself and others by getting vaccinated.

Stopping the **FLU** is up to you.



TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services