

Protect yourself and others
from influenza. Remember to...

Clean, Cover & Contain



Clean
your hands



Cover
your coughs and sneezes
with a tissue or the crook
of your arm



Contain
your illness -
stay home and rest

Newfoundland
Labrador

www.gov.nl.ca/health

Newfoundland & Labrador

HealthLine

1•888•709•2929