



Tarrant County Public Health

# *The Influenza News*

News to use year-round

## Cover that cough

- ✓ Cover your nose and mouth when coughing or sneezing.
- ✓ Cough or sneeze into a tissue, handkerchief or sleeve.
- ✓ Avoid coughing or sneezing into your hands.
- ✓ Put used tissue in the trash.
- ✓ Avoid close contact with people who are sick.
- ✓ Stay at home when you are sick.

Protect yourself

Protect your family

Protect your community

## Keep your hands clean

- ✓ Bacteria and germs are the cause of colds, flu and other diseases.
- ✓ These germs get into our bodies by riding on our hands.
- ✓ Avoid touching your eyes, nose and mouth if you're not able to wash your hands often.
- ✓ Most germs wash away with water. Soap keeps them from sticking to us.
- ✓ Wash your hands frequently!

Safeguarding our community's health



Customer Service:  
817-321-4700

Web site:  
<http://health.tarrantcounty.com>