

STOP THE H1N1 FLU THAT MAKES YOU AND OTHERS SICK!

COVER YOUR MOUTH ENOUGH



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

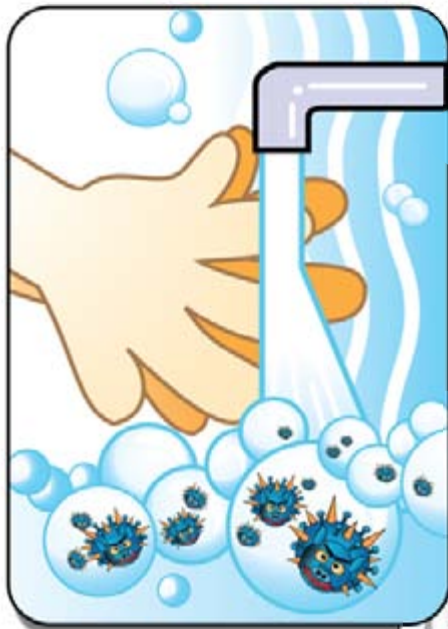
Put your used tissue in the waste basket.



Cough or sneeze into your upper sleeve, not your hands.



You may be asked to put on a surgical mask on to protect others.



Clean your hands after coughing or sneezing.

Wash hands with soap and warm water for 20 seconds



or clean with alcohol-based hand cleaner.

For more information, visit www.ufcw.ca/H1N1

Wayne Hanley
National President