Does the thought of the FLU have YOU feeling BLUE?

THERE ARE 3 SIMPLE THINGS YOU CAN DO!

WASH your hands REGULARLY with SOAP

MUFFLE your COUGHS and SNEEZES

(use your sleeve or a tissue!)

GO HOME! if you feel SICK

A message from:

Bureau of Health

AMERICAN LUNG ASSOCIATION® of Maine

For more information visit mainepublichealth.gov.