



It's All About AchYOU!

Sneezing Etiquette

The flu virus is most easily spread through airborne droplets from sneezes and coughs.

Do **NOT** use your hands to cover your mouth, as they come into contact with other objects and people frequently.

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- C**oughs and sneezes spread germs
 - O**nly use tissues, not your hands
 - V**iruses can live on surfaces for eight hours
 - E**lbows can be used if there are no tissues
 - R**emember to wash hands frequently
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