

Preventing the spread of influenza

How to clean your hands

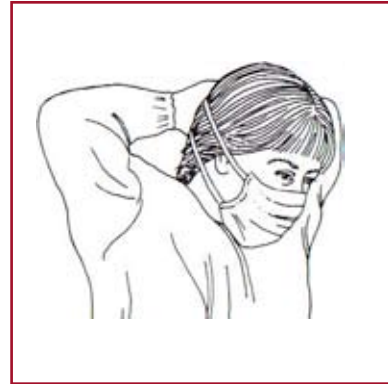


Apply 1-2 pumps of sanitizer to your open palms.



Rub into your hands, covering all surfaces, until dry.

How to apply a mask



Hold the mask toward you and place the ear loops over your ears. The blue strip should be on the bridge of your nose.



Press the metal strip on the mask gently with your fingers to form it to the bridge of your nose. Do this to complete the seal of the mask.

If you wear glasses, tuck the mask under the lower edge of your glasses.



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