



**Children are the MAIN SOURCE for spreading the flu in the home and community; and are more likely to be affected by a pandemic.**

- ❑ Teach your children to wash hands frequently
- ❑ Teach your children to cover coughs and sneezes with tissue
- ❑ Teach your children to stay away from others as much as possible when they are sick

**STAY HOME  
WHEN YOU ARE SICK**