

## Beat the germs

- wash your hands and dry your hands
- use anti-bacterial rubs when appropriate
- follow your doctor's instructions to use drugs
- cover your sneeze and cough
- don't touch your face
- rest and stay away from others when you are sick
- get your annual influenza (flu) vaccination
- for information on health services and influenza vaccines, call 811, visit [www.ahs.ca](http://www.ahs.ca) or [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)

**Take care of yourself and your loved ones.**

**Stay healthy!!**

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