

**COUGH AND SNEEZE INTO YOUR ELBOW.  
WASH YOUR HANDS.  
IF SICK, STAY HOME.**



**IT'S SIMPLE  
AND WILL HELP STOP H1N1 FLU.**

For more information, please visit

[cdc.gov/h1n1flu](http://cdc.gov/h1n1flu)

or call



**Public Health Division  
Health & Human Services Dept.  
City of Portland**