

U R P **UNIVERSAL RESPIRATORY PRECAUTIONS**

**HELP PREVENT THE SPREAD
OF COLDS & FLU**



**COVER COUGHS AND
SNEEZES WITH TISSUES
OR SURGICAL MASKS**



**WASH HANDS
FREQUENTLY**



**STAY HOME IF YOU
ARE FEELING SICK**



**GET YOUR FLU AND
PNEUMONIA VACCINES**

For more information: www.nj.gov/flu

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