

# **U R P** UNIVERSAL RESPIRATORY PRECAUTIONS

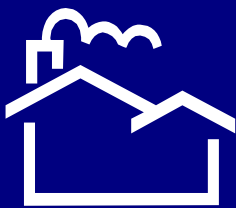
**HELP PREVENT THE SPREAD  
OF COLDS & FLU**



**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](http://www.nj.gov/flu)**

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