



# **THIS** is a great way to catch the **FLU!**

**Wash your hands  
thoroughly and often  
with soap and water.  
Cover your mouth  
and nose when you  
cough or sneeze.**

***Don't spread the flu!***



[www.dhmh.maryland.gov](http://www.dhmh.maryland.gov)

Maryland Department of Health and Mental Hygiene  
Martin O'Malley, Governor • Anthony G. Brown, Lt. Governor  
John M. Colmers, Secretary, DHMH  
[www.dhmh.maryland.gov](http://www.dhmh.maryland.gov)   [www.flu.gov](http://www.flu.gov)   [www.cdc.gov](http://www.cdc.gov)