
INFLUENZA

Spread by Droplets sprayed from Nose and Throat

Cover each **COUGH** and **SNEEZE** with handkerchief.

Spread by contact.

AVOID CROWDS.

If possible, **WALK TO WORK.**

Do not spit on floor or sidewalk.

Do not use common drinking cups and common towels.

Avoid excessive fatigue.

If taken ill, go to bed and send for a doctor.

The above applies also to colds, bronchitis, pneumonia, and tuberculosis.

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