

Protect yourself and others  
from influenza. Remember to...

# Clean, Cover & Contain



**Clean**  
your hands



**Cover**  
your coughs and sneezes  
with a tissue or the crook  
of your arm



**Contain**

your illness -  
stay home and rest

  
**Newfoundland  
Labrador**

[www.gov.nl.ca/health](http://www.gov.nl.ca/health)

Newfoundland & Labrador

**HealthLine**

**1•888•709•2929**