

**Even if a pandemic flu never occurs, these good health habits can keep you and your family healthy:**



Photo credit: James Gathany



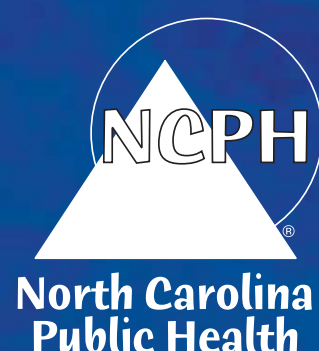
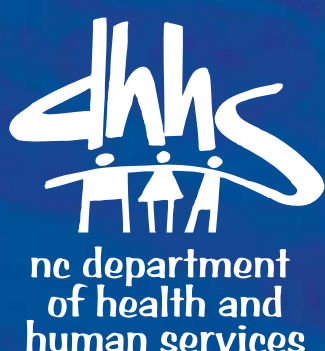
- Wash hands frequently
- Cover your coughs and sneezes
- Use disposable tissues and throw them away immediately
- Avoid touching your eyes, nose or mouth
- If you are sick, stay home

**For more information call**

**1-800-662-7030.**

**TTY 1-877-452-2514**

**North Carolina  
must be ready.**



**Pandemic Flu  
and You**