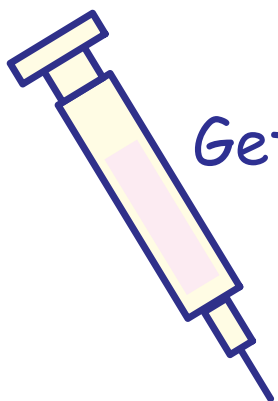


# Let's Stay Healthy During the "Cough and Cold" Season!



Cover your mouth and nose when coughing or sneezing, preferably with a tissue.

Remember to wash your hands frequently. Use hot water and plenty of soap, and a fresh paper towel.



Get vaccinated against influenza.

And....

Follow your health care provider's advice about your coughs and colds.



City of Milwaukee Health Department