

# CATCH THE BUS NOT THE FLU



## *Protect yourself and those around you:*

- + Get the flu shot every year
- + Wash your hands often
- + Keep your hands away from your face
- + Cough and sneeze into your arm
- + Keep shared surfaces and objects clean
- + Stay home if you are sick

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

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