



# **This office cares about you. We don't spread the flu.**

- **We stay home when we're sick.**
- **We wash our hands thoroughly and frequently.**
- **We cover our coughs and sneezes.**
- **We don't spread germs by touching our faces.**

Oregon Public Health Flu Website:  
**[www.flu.oregon.gov](http://www.flu.oregon.gov)**

Oregon Public Health Flu Hotline:  
**800-978-3040**