



## Pandemic flu actions for our community

- 1 Stay calm** and informed — visit [www.backushospital.org/flu](http://www.backushospital.org/flu).
- 2 Wash hands** with soap and water or use sanitizing gel.
- 3 Stay away from crowds** if you are feeling sick.
- 4 Cover your cough.**
- 5 Have a plan** for your family.

*Backus*

Thank you  
for helping us be proactive in protecting the health of our community.