

Don't Bug Me!

Help Stop the Flu.

Wash your hands a lot.

Use soap and warm water and wash long enough to sing "Happy Birthday" twice.



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DEPARTMENT

For more helpful tips, visit www.Hillcrest.com or www.Tulsa-Health.org

Ayude a Detener La Gripe

Lávese las manos muchas veces!



Use jabón y agua caliente
Lávelas el tiempo de cantar
"Feliz Cumpleaños" Dos veces.

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