

Help Stop the Flu.

Please wash your hands with soap and warm water for at least 20 seconds to help keep the flu bug away.

Don't
Bug
Me!

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TULSA HEALTH
DEPARTMENT

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

¡Ayude a detener la Gripe!

Por favor lávese las manos con jabón y agua caliente por lo menos **20 segundos** para ayudar a detener los microbios de la gripe.

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Mensaje de

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