



Labrador - Grenfell  
**Health**

**Respiratory  
Illnesses like the  
flu spread easily!**

## **PLEASE READ CAREFULLY**

- 1. Do you have a NEW or WORSE Cough or shortness of breath?**
- 2. Are you feeling feverish?**

**If the answer to BOTH questions is YES:**

**Clean your hands**

**AND**

**Put on a mask or use a tissue to cover your  
mouth**

**AND**

**Tell the receptionist or nurse right away.**