

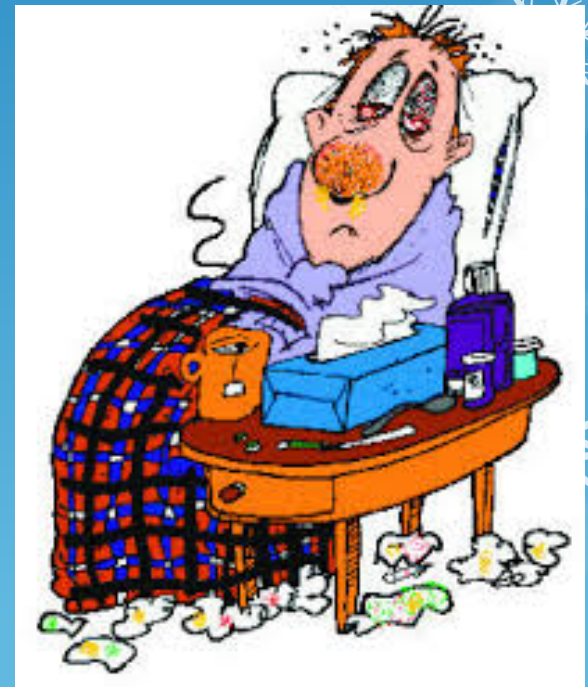


Stop the Flu!



**It's up
to you!**

There are some simple things you can do to decrease your risk of getting the flu



GET A FLU SHOT!



If you haven't gotten a
flu vaccination this
season,

IT'S NOT TOO LATE

WASH YOUR HANDS FREQUENTLY



Use soap and
water

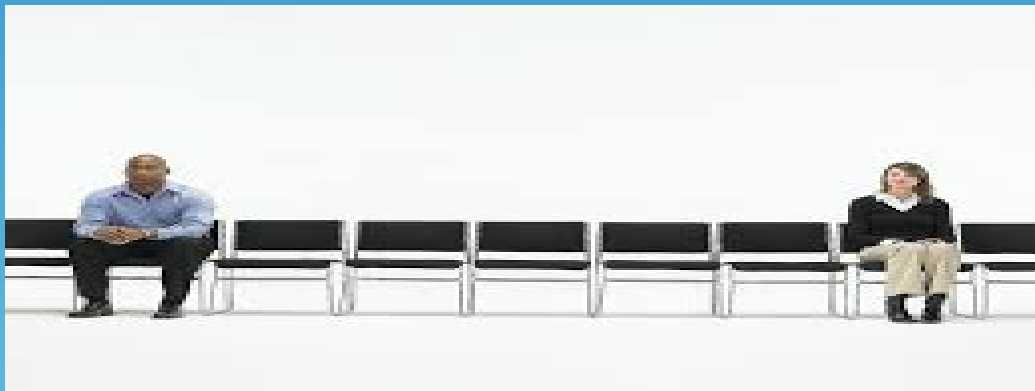
or

hand sanitizer

**Avoid touching your
eyes, nose or mouth,
because germs spread
this way**



If possible, try to **avoid**
close contact with
sick people



If you do get sick,
**limit contact with
others** as much as
possible to keep from
infecting them



Stay home!



Don't cover your mouth or nose with your hand when you cough or sneeze

Cough or sneeze into your sleeve to avoid spreading germs.



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