



Flu

Your best defense is a good offense.

Stay healthy during the annual flu season by stopping the spread of germs...and getting a flu shot!

- Get an annual flu vaccination.
- Wash your hands often using soap and water.
- Try not to touch your eyes, nose or mouth.
- Use a tissue to cover your nose and mouth when sneezing and coughing.
- Getting a flu shot at any point in the season is still beneficial in preventing the flu.

Help prevent unwelcome illness and stay healthy by getting an annual vaccination.



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