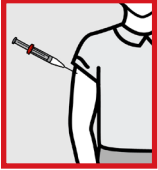


FIGHT **THE FLU**

*Protect yourself from the flu
with these simple steps*



Get a seasonal flu shot each year



Wash your hands frequently with soap and water



Use anti-bacterial hand sanitizers if soap and water are not available



Stay home if you have a fever



Cover your cough or sneeze with a tissue or the crook of your arm



Throw away used tissues and wash your hands after coughing or sneezing



Don't touch your eyes, nose, or mouth



Clean common surfaces like doorknobs, phones, and shopping cart handles