

Flu Season?

You don't need one of these to stay safe →

Instead, follow these CDC-recommended tips:

- Cover your nose and mouth with a tissue or your sleeve when you cough or sneeze.
- Wash your hands often with soap and water, especially after coughing/sneezing.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

For more information visit www.flu.gov
or call 1 (800) CDC-INFO (232-4636)

