

Fight the flu!

Protect yourself from the flu with these simple steps.



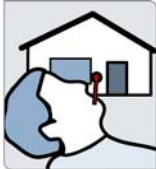
Get an annual flu shot.



Wash your hands frequently with soap and water.



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



Stay home if you are sick.



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



Discard tissues and wash your hands after coughing or sneezing.



Avoid touching your eyes, nose and mouth.



Sanitize common surfaces like doorknobs, faucets, telephones and shopping cart handles.

