

say "hello" to **no-flu** season!



get a flu shot:

check with your health care provider, your pharmacy or go to www.flufinder.org for a list of flu clinics in your area



wash your hands often:

with warm water and soap for 20 seconds, or use an alcohol-based hand rub if you can't wash up



cover your cough or sneeze:

use a tissue, or cough or sneeze into your elbow or shirt sleeve, not your hands

