

Stop the Spread of the **Flu.**



- Everyone six months of age and older should get a flu vaccine every year.
- Practice good hand washing with soap and water for at least 20 seconds.
- Cover coughs and sneezes with a tissue or your elbow.
- If you have flu symptoms (body aches, sore throat, fever, headache, or cough) stay home!



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Healthy Families Division
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