

IT'S COLD AND FLU SEASON!!!!



Prevention Tips:

- Wash or sanitize your hands frequently
- Cough or sneeze in your elbow and not your hands
- Avoid touching your eyes, mouth, and nose
- Get the flu shot
- Clean surfaces that are commonly used in your residence (Ex: door knobs, computer keyboard, etc.)
- If you are sick, **STAY HOME!!!!!!**
- For more information visit www.Flu.gov



For more information contact
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