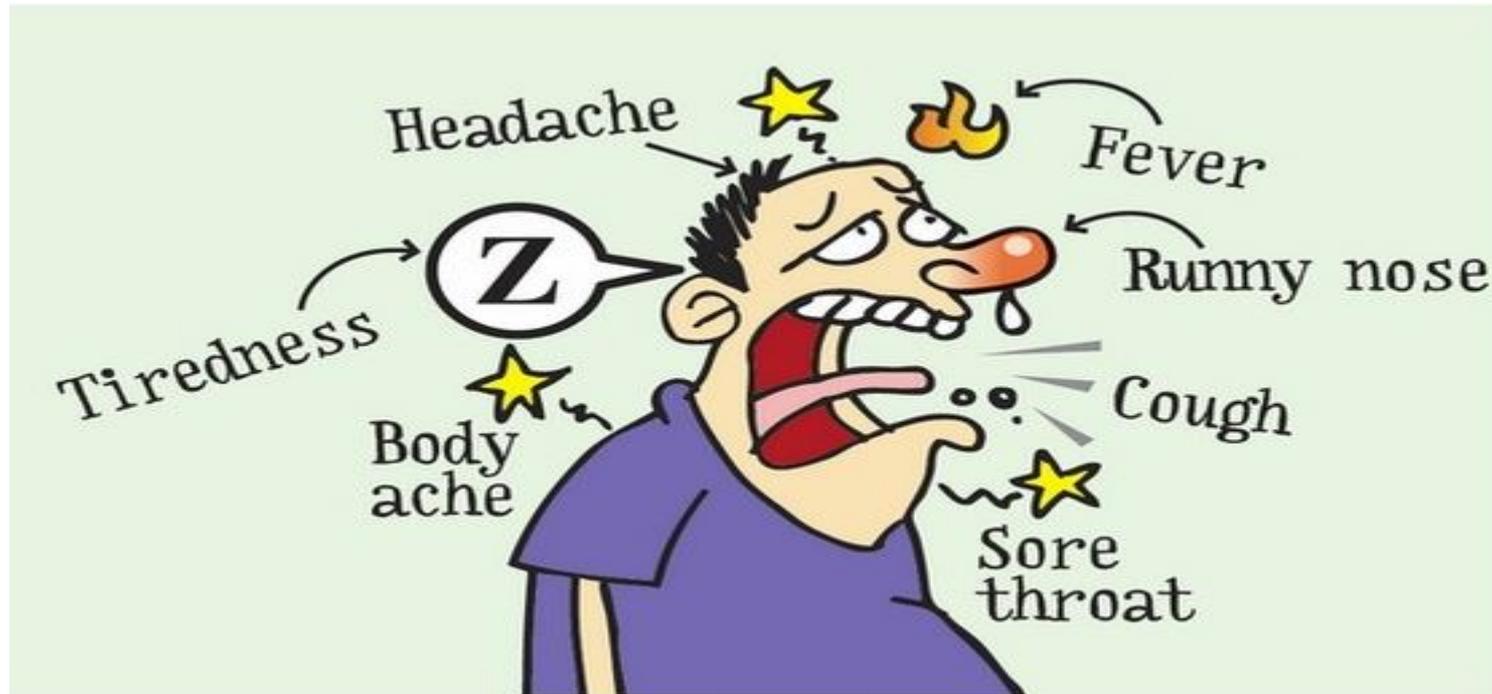


COLD and FLU SEASON



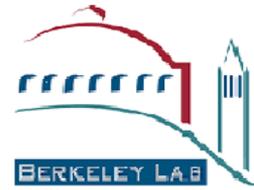
Prevention



- **Vaccinate**
- **Cover your Mouth and Nose**
- **Wash Hands**
- **Avoid touching eyes, nose, mouth**
- **Clean frequently touched surfaces**
- **Plenty of Sleep**
- **Healthy Habits**



If You Get Sick



STAY HOME !!

Take it Easy

Over-the-Counter Medicine

Stay Warm and Dry

Sleep

Stay Hydrated

Doctor

