

Fight the flu.



Here's how to protect yourself and everyone around you from germs and illnesses like the flu, colds and pneumonia.

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Cover your mouth and nose when you cough or sneeze.

Use a tissue and drop it in the trash. If you don't have a tissue, cover your mouth and nose with your sleeve.

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Clean your hands often.

Wash hands or use hand sanitizer every time you cough or sneeze. Hand washing stops germs!

LIVE WELL. LIVE HEALTHY.

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