Tame the **flu monsters**.

Flu season is coming.

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

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.

Clean your hands often.

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

LIVE WELL.
LIVE HEALTHY.

MISSION HEALTH

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