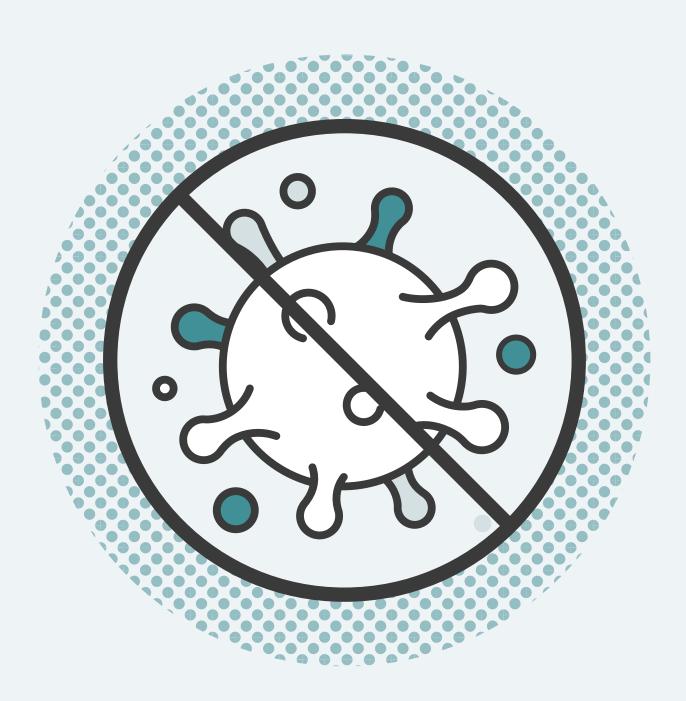
3 ACTIONS TO FIGHT THE FLU:

FACT: Influenza (flu) is a contagious disease that can be serious. Take the following actions to protect yourself and others from the flu.



Get Vaccinated:



Neople 65 years and older are at high risk of serious flu complications.

A yearly flu vaccine is the best way to protect against the flu.

Stop the Spread:



Take everyday preventative actions to help stop the spread of flu viruses

by washing hands, avoid touching face, cover coughs and sneezes, avoid contact with sick people.

Ask your doctor about flu antivirals:



If you get sick, take antiviral medications prescribed by your doctor to treat flu

illness, minimize symptoms, and shorten the time you are sick.



