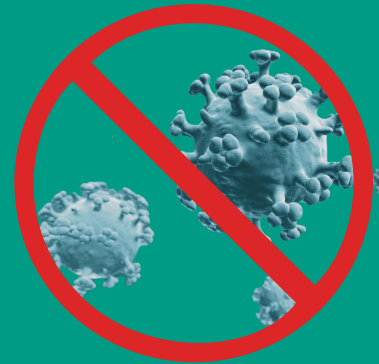


# Protect those around you this Flu season!



## The Flu is no fun....

- Most healthy adults can infect other people up to 7 days after becoming sick.
- On average 17 million work days are missed every year as a result of the flu.
- The influenza vaccine is the best way to lower your risk of getting influenza and having related health problems. It can also help stop you from spreading it to others.

## Practice Healthy Habits

Wash hands often.  
Stay home if you do not feel well.  
Ensure to clean and disinfect at home, work, or school, particularly when someone is unwell.

**Practicing healthy habits protects you and those around you, too!**



# Remember... It's Not "Just" The Flu!!!