



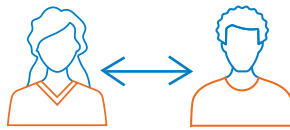
Don't forget about the flu

The flu is a contagious respiratory disease that can lead to hospitalization and even death. It is important to do everything you can to keep yourself and your family healthy this flu season.

Top ways to prevent the spread of flu:



Stay home if you are sick



Avoid close contact with those who are sick



Wash your hands often



Cover your mouth and nose when you cough or sneeze



Consider wearing a mask in public



Get vaccinated: everyone 6 months and older should get the flu vaccine annually

Flu season lasts from October to May. Get your flu vaccine today!

To get your flu shot, visit your local pharmacy, your doctor, or see if your employer offers flu vaccines. **For more help, check out: [vaccines.gov](https://www.vaccines.gov)**