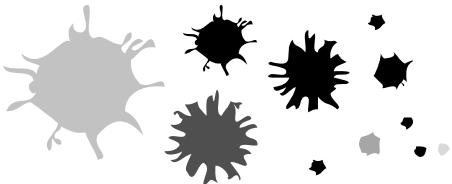


THE FLU AND YOU



The flu is a very serious virus that can lead to hospitalization and, in extreme cases, death. Here are three ways you can help to prevent getting the flu and spreading the flu to other people:

1. The single best way you can protect yourself from getting the flu is to **get vaccinated** every year. Almost everyone 6 months of age and older should receive the flu vaccine as soon as it is made available.
2. Since the flu virus spreads through droplets made when people with the flu sneeze, cough, or talk, it is important to **cover your nose and mouth** with a tissue when you cough or sneeze.
3. To reduce the risk of infecting yourself and others with the flu virus, **wash your hands often** with warm water and soap. If soap and water are not available, use alcohol-based hand sanitizer.

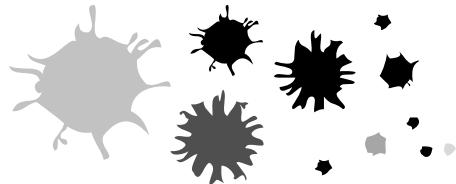
If you develop symptoms of the flu (fever, body aches, cough, chills, fatigue), it is best to stay home and avoid contact with other people. Seek medical attention ASAP if you are very sick or are at high risk for complications.

Visit www.cdc.gov/flu for more information.

Brought to you by this pharmacy and the National Community Pharmacists Association



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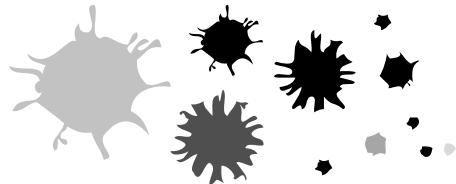
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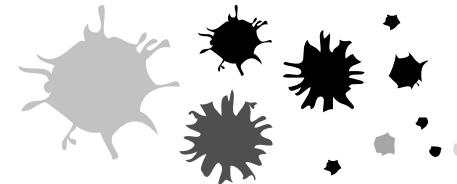
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