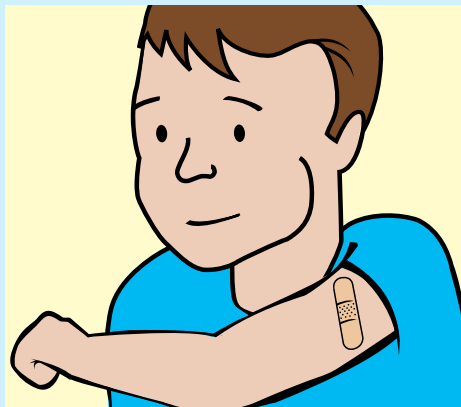


FLU PREVENTION TIPS

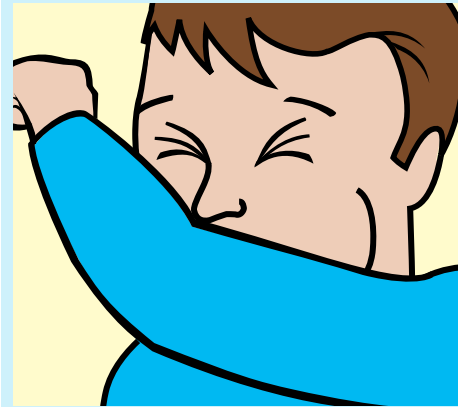
PROTECT YOURSELF AND THOSE YOU LOVE AGAINST FLU:



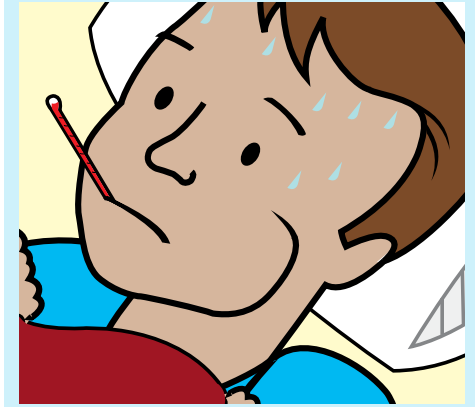
Get vaccinated



Wash hands often



Cover coughs & sneezes



Stay home when sick

Millions of Californians are at risk of catching influenza this year.

Follow the above precautions and get your flu shot or nasal spray. Reduce your chances of getting the flu and getting family, friends and co-workers sick too.

GET YOUR FLU VACCINE TODAY!

Who needs a flu vaccine?

This year, medical experts are recommending everyone over the age of six months get a flu vaccine.

Protect yourself and your loved ones from the flu.



For more information, visit cdph.ca.gov

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