

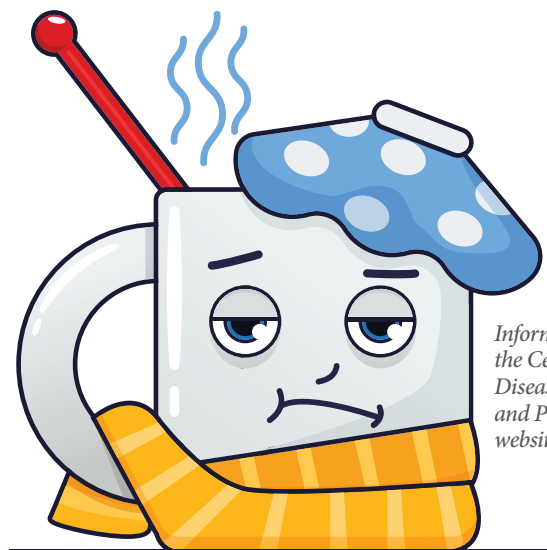
We love our people and we love you!



Please help us all prevent the flu!

Everyday things you can do to help in prevention:

- Try to **avoid close contact** with sick people.
- While sick, limit contact with others as much as possible to **keep from infecting them**.
- If you are sick with flu-like illness, CDC recommends that you **stay home for at least 24 hours** after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- **Cover your nose and mouth** with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- **Wash your hands often** with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- **Avoid touching** your eyes, nose and mouth. Germs spread this way.
- **Clean and disinfect** surfaces and objects that may be contaminated with germs like flu.



Information from
the Center for
Disease Control
and Prevention
website.

We're all about **YOU!**