

Happy pumpkin!



Oh, no. Feel sick all of a sudden?



**Coughing, sneezing, fever, headache,
chills, body aches?**



**Somebody didn't get
their flu vaccine.**



Don't get spooked by the flu. Vaccine before Halloween.

Flu viruses change, so you need to be vaccinated every year.

DON'T CATCH THE FLU!

- 1.**
Get your flu vaccine.
- 2.**
Cover your nose and mouth when you cough or sneeze.
Cough or sneeze into a tissue, your shirt sleeve or elbow.
- 3.**
Wash your hands a lot with soap and water.
Alcohol-based hand sanitizers are OK to use—soap and water is best.
- 4.**
Try not to touch your eyes, nose and mouth. Germs are spread this way.



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