

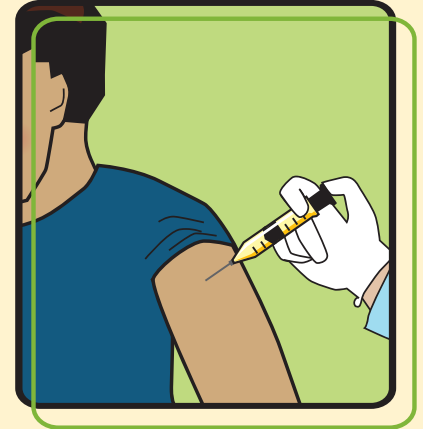
What You Can Do to Fight the Flu



1. Cover your coughs and sneezes.



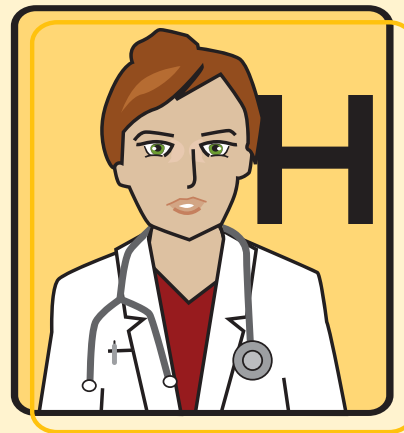
2. Wash your hands a lot.



3. Get a flu shot.



4. Stay home and call your doctor if you are sick.



5. Go to the doctor or hospital right away if you get worse or have trouble breathing.

For more information about the flu, call Health Links-Info Santé at 788-8200 or 1-888-315-9257.