It’s going to be a busy flu season. Are you and your family prepared?

**PREVENT ILLNESS**
- Get a flu shot every year.
- Wash your hands thoroughly with soap and water and use hand sanitizer regularly.
- Wash your hands before touching your eyes, nose and mouth.

**PREVENT SPREADING**
- Stay home if you have flu-like symptoms.
- Use your elbow to shield your cough or sneeze.
- Don’t share personal items such as toothbrushes, drinking glasses or towels.

Seasonal flu and novel H1N1 virus infections can spread quickly. Prevention is key! Simple actions can prevent the spread of the illness.