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.

Florida HEALTH

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