



Tips to **Fight the Flu**

- Cover your cough with a tissue.
- Wash your hands frequently for a full 20 seconds each time. Use hand sanitizer only when handwashing isn't an option.
- If you feel sick and have a fever, stay home.
- Get a flu shot.
- Encourage your family members to get flu shots.

Learn more at PacificSource.com/fighttheflu.