



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](https://PacificSource.com/fighttheflu).



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