Flu viruses change, so you need to be vaccinated every year.

Don’t get spooked by the flu. Vaccine before Halloween.

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**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.