Reminder!

Flu Season is fast approaching. Practice good

**SELF CARE!**

- Wash hands often with soap & water.
- Avoid touching mouth, nose & eyes.
- Get plenty of rest.
- Avoid contact with others who are ill.

Flu shots are recommended for anyone 6 months of age or older. Antivirals can shorten the duration of the flu if the medication is started at the onset of symptoms.