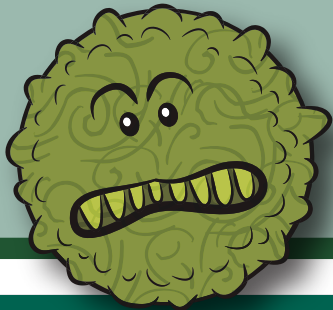
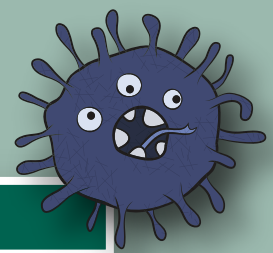
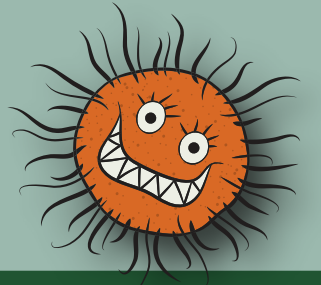


GERM-FREE



ZONE



STAY HOME IF YOU'RE SICK!!

WASH



Wash hands thoroughly and often

DISINFECT



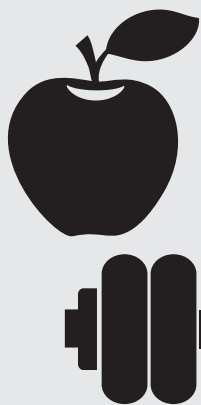
Clean and wipe down shared surfaces

PROTECT



Get a flu shot if possible

AVOID THE BUG



Eat healthy foods and exercise moderately



Drink plenty of water



Get lots of rest

BE HEALTHY

HYDRATE

REST



Sharing isn't always nice

Stay home (especially if you have a fever)

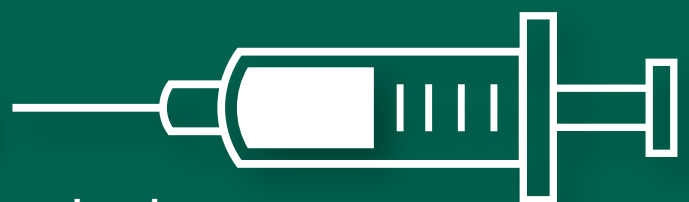
Cover your nose & mouth when you sneeze or cough

Use tissues when you sneeze

Sneeze into your sleeve if tissues aren't handy



26.3%



Percent of **adults 18-49 years** who received an influenza vaccination during the past 12 months

Source: CDC.gov



Proud Member

ZONA

LIBRE DE GÉRMENES

¡¡QUÉDESE EN CASA SI ESTÁ ENFERMO!!

LÁVESE



Lávese las manos meticulosamente y con frecuencia.

DESINFECTE



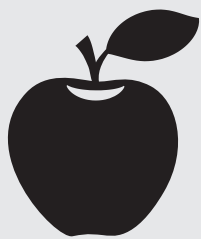
Limpie y repase las superficies compartidas

PROTÉJASE

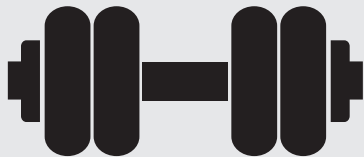


Vacúnese contra la gripe de ser posible

EVITE EL VIRUS



Aliméntese de manera saludable y realice ejercicios moderados



Beba suficiente agua



Descanse mucho

ESTÉ SALUDABLE

HIDRÁTESE

DESCANSE



Achoo...

Compartir no siempre es agradable

Quédese en casa (especialmente si tiene fiebre)

Cubra su boca y nariz cuando estornude o tosa

Utilice pañuelos de papel cuando estornude

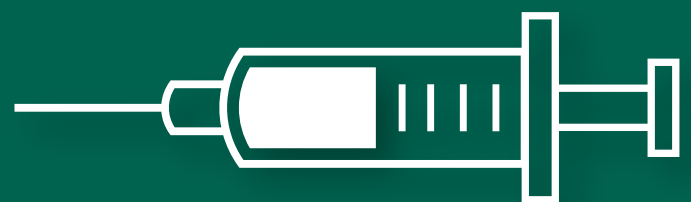
Estornude en su manga si no tiene pañuelos de papel a mano



26.3%

Porcentaje de **adultos de entre 18-49 años** que se vacunaron contra la gripe durante los últimos 12 meses.

Fuente: CDC.gov



Proud Member