



# Cold/Flu prevention

from Centers for Disease Control and Prevention

# The flu can be very dangerous. The best way to prevent it is to get a flu vaccine.

Here are tips to stop the spread of germs:

- Wash your hands often.
- Cover your nose and mouth when you cough or sneeze.
- Avoid touching your eyes, nose and mouth.

**For more information:**

Visit [www.cdc.gov/flu/](http://www.cdc.gov/flu/)  
or scan the QR code



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