

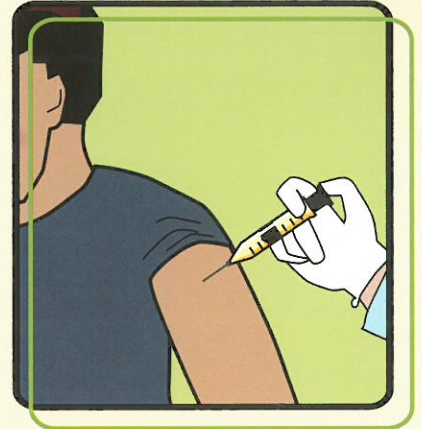
# What You Can Do to Fight the Flu



1. **Cover your coughs and sneezes.**



2. **Wash your hands a lot.**



3. **Get a flu shot.**



4. **Stay home and call your doctor if you are sick.**



5. **Go to the doctor or hospital right away if you get worse or have trouble breathing.**

For more information about the flu, call  
Health Links-Info Santé at 788-8200 or 1-888-315-9257.