

This Cold & Flu Season



How RiverHawks Fight Colds & Flu

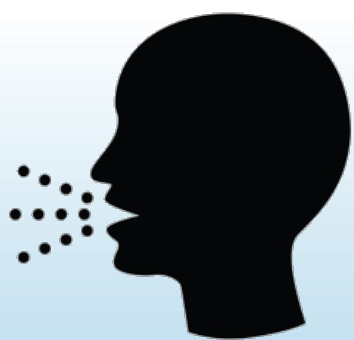


Get your flu shot



Wash your hands

- *Wash frequently*
- *Use soap & water*
- *Wash for 20 seconds*



Cover your cough

- *Cough into elbow*
- *Use tissue to cover mouth*
- *Dispose of tissue*



Stay home if sick