

The flu vaccine will still help protect you from the flu this year.



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While some of the flu viruses spreading this season are different from what is in the vaccine, vaccination can still provide protection and might prevent severe illness.

Get your flu vaccine now.

You can help slow the spread of germs that can cause many different illnesses.

1. Avoid close contact with people who are sick.
2. Stay home when you are sick.
3. Cover your mouth and nose with a tissue when coughing or sneezing.
4. Wash your hands often. If soap and water are not available, use an alcohol-based hand rub.
5. Avoid touching your eyes, nose, or mouth.
6. Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill.

More information: http://www.cdc.gov/flu/pdf/freeresources/updated/everyday_preventive.pdf