

STOP Flu

the spread of

Dear <<Member>>,

The flu season is round the corner and you can be the next target. It's not too late to get a flu vaccine. Protect yourself and your loved ones!

Get your flu shot



Clean and sneeze into
your arm, not your hand



Clean your hands often



Stay home if you are sick



Sincerely,

XYZ

Don't Get the Flu, Get the Flu Shot!

To find out where to get your flu vaccine or to learn more
about the Influenza, call **1800-333-6668**

VISIT  **interactive**
HEALTH CLINIC

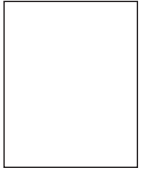
<Address>

Interactive Health Clinic

<Clinic Address>

<Clinic Street>

<Clinic City>



<First Name><Last name>

<Address Line 1>

<Address Line 2>

<City>, <State><Zip>

FLU

PREVENTION TIPS



GET VACCINATED

Influenza is the only respiratory virus preventable by vaccine



EXERCISE

It boosts your immune system and speeds recovery from illness



WASH YOUR HANDS

Wash them often with soap and water



EAT RIGHT

Eating healthy, balanced meals can strengthen your immune system



STAY HOME

Stay home a full 24 hours after your fever goes away



DON'T TOUCH YOUR FACE

This is the easiest way for germs to get into your body



KEEP SANITIZER CLOSE

Use it often and tell children and those around you to do the same



SMILE

Studies show that smiling can help boost your immune system

