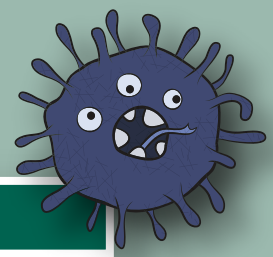
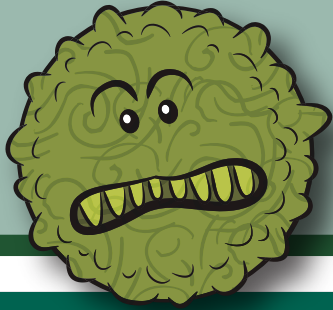


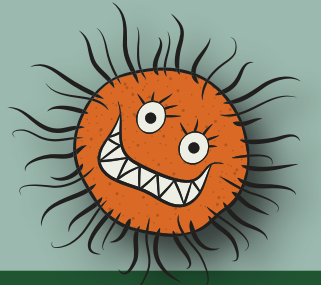
# GERM-FREE



# ZONE



## STAY HOME IF YOU'RE SICK!!



### WASH



Wash hands thoroughly and often

### DISINFECT



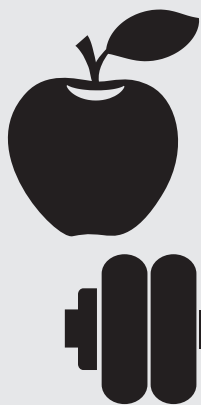
Clean and wipe down shared surfaces

### PROTECT



Get a flu shot if possible

## AVOID THE BUG



Eat healthy foods and exercise moderately



Drink plenty of water



Get lots of rest

### BE HEALTHY

### HYDRATE

### REST

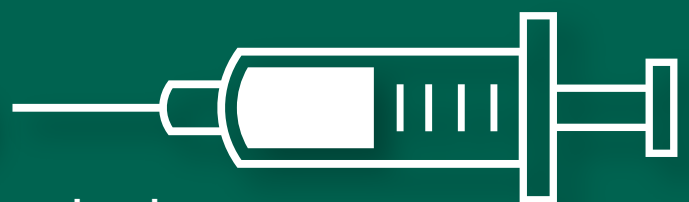


## Sharing isn't always nice

- Stay home (especially if you have a fever)
- Cover your nose & mouth when you sneeze or cough
- Use tissues when you sneeze
- Sneeze into your sleeve if tissues aren't handy



# 26.3%



Percent of **adults 18-49 years** who received an influenza vaccination during the past 12 months  
Source: CDC.gov



Proud Member

# ZONA

## LIBRE DE GÉRMENES

¡¡QUÉDESE EN CASA SI ESTÁ ENFERMO!!

### LÁVESE



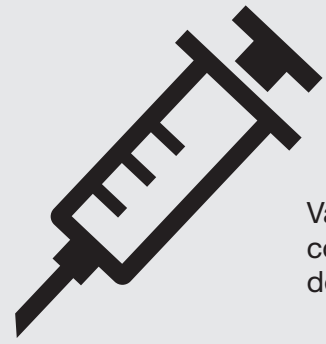
Lávese las manos meticulosamente y con frecuencia.

### DESINFECTE



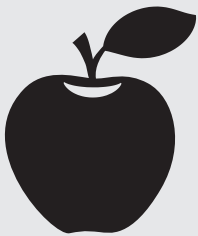
Limpie y repase las superficies compartidas

### PROTÉJASE

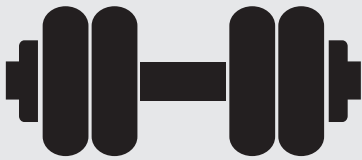


Vacúnese contra la gripe de ser posible

## EVITE EL VIRUS



Aliméntese de manera saludable y realice ejercicios moderados



Beba suficiente agua



Descanse mucho

### ESTÉ SALUDABLE

### HIDRÁTESE

### DESCANSE



## Compartir no siempre es agradable

Quédese en casa (especialmente si tiene fiebre)

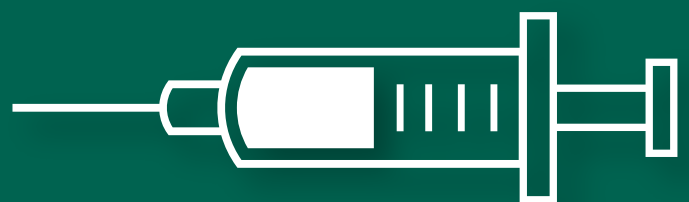
Cubra su boca y nariz cuando estornude o tosa

Utilice pañuelos de papel cuando estornude

Estornude en su manga si no tiene pañuelos de papel a mano



# 26.3%



Porcentaje de **adultos de entre 18-49 años** que se vacunaron contra la gripe durante los últimos 12 meses.

Fuente: CDC.gov



Proud Member