

# CAN YOU BEAT THE FLU?

You can beat and help prevent spreading the FLU in several ways:

- Get the Flu Shot.
- Wash your hands frequently for 15-20 seconds; especially when out with the public.
- Cover your mouth if you are sneezing or coughing.
- Get plenty of rest and eat healthy.
- If you don't feel well and have cold/flu like symptoms, stay home.

FLU shots can be obtained at Walmart, Walgreens, Safeway, in Green Valley.

Check this web site for dates and times at Walmart: [www.flushotsusa.com](http://www.flushotsusa.com)

Check the bulletin board and handouts at the Church for more information.