

Don't let the flu get you!

- > Get a flu shot every year.
- > Stay at home if you have flu-like symptoms.
- > Wash your hands with soap and water often.
- > Use hand sanitizer regularly.
- > Wash your hands before touching your face.
- > Use your elbow to shield your cough or sneeze.



DCHHS
Safe families, healthy lives.

This message brought to you by:
Dallas County Health and Human Services
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