

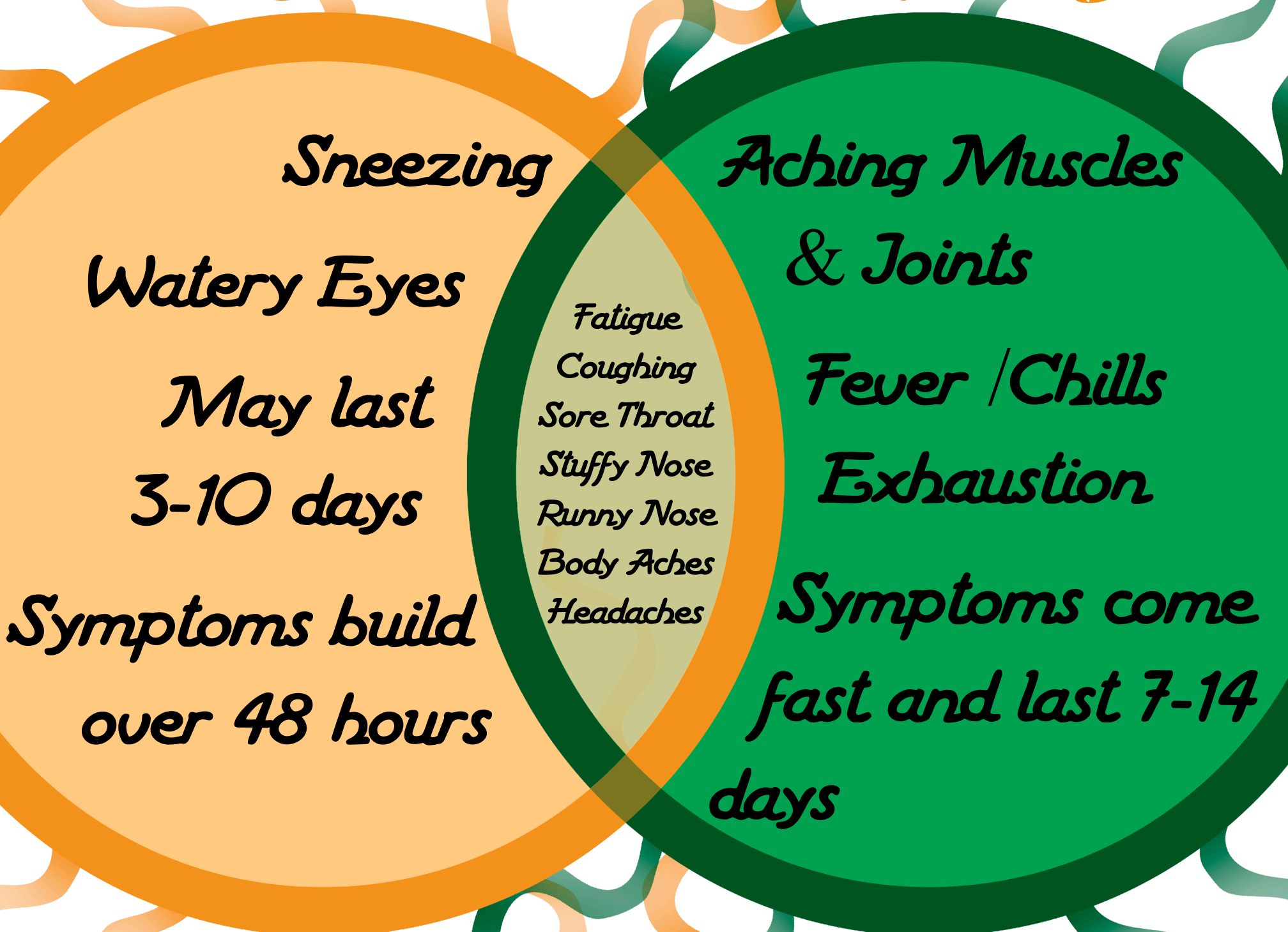


Flu Season

*Sometimes when we don't feel good,
we don't always think straight.
When it comes to self-diagnosing and
treating a cold vs a flu,
there are a few things that you need to know.*

Signs and Symptoms

Cold vs Flu



Prevention

- avoid touching your eyes, nose and mouth
- wash your hands often and well
- get a sufficient amount of sleep
- avoid contact with sick people
- eat healthy
- exercise

