

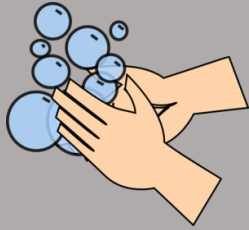
Fall 2018

Poster: At Risk? Be Safe, Fight the Flu!

HCM 4910

AT RISK? BE SAFE, FIGHT THE FLU!

Want to know how?



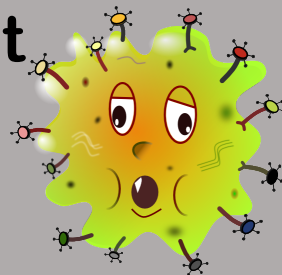
Practice good hygiene



Exercise regularly



Get the flu shot



Eliminate direct contact with germs



Get enough sleep

Reduce stress levels

