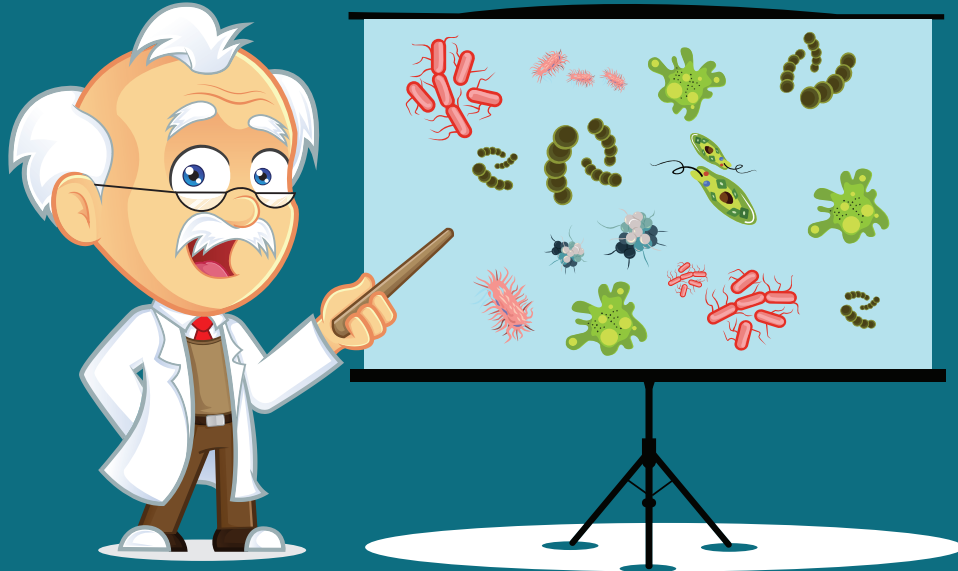


Flu Tips 101



THE FLU IS A VIRAL INFECTION.

Antibiotics are for bacterial infections and do not fight flu, colds, bronchitis or most sore throats.



WASH YOUR HANDS.

Frequent hand washing can slow the spread of germs that cause the flu.



COVER YOUR MOUTH.

The flu spreads mainly by droplets when people with flu cough, sneeze or talk.



AVOID PEOPLE WITH THE FLU.

Adults may be contagious from 1 day before to 7 days after symptoms develop.



GET THE SHOT.

The most important step in preventing flu is to get a flu vaccination each year.



South Carolina