

# STAY HEALTHY THIS FLU SEASON

Ebola may be in headlines, but you should be worried about the flu!  
Follow these four steps to stay healthy this flu season.



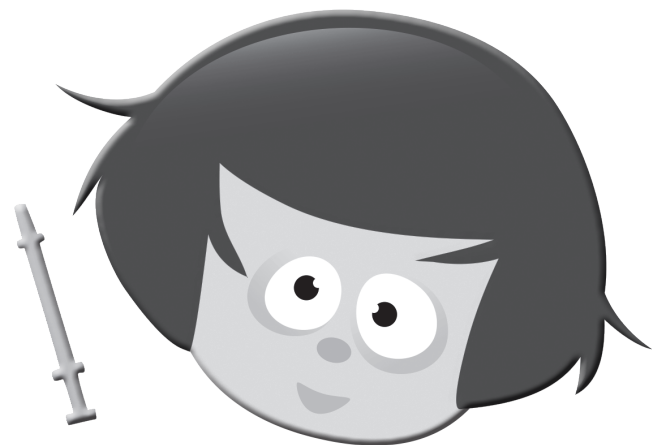
1. Wash your hands.



2. Cover your cough.



3. Stay home when sick.



4. Get your flu immunization!



South Central Public Health District

Prevent. Promote. Protect.