

How will you avoid the flu?



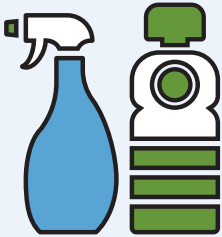
GET YOUR FLU SHOT

to protect yourself, your family, and your co-workers.



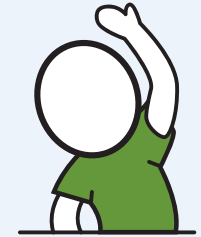
DON'T TOUCH YOUR FACE

to help keep germs out of your body.



CLEAN & DISINFECT

your home, office or work space to stop the spread of germs.



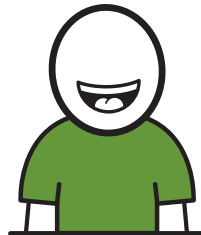
GET MOVING

to boost your immune system and speed recovery from illness.



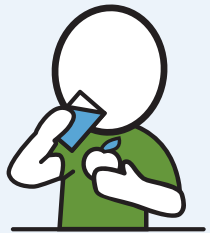
WASH YOUR HANDS

often with soap and water.



SMILE

to help boost your immune system.



EAT HEALTHY, BALANCED MEALS

and stay hydrated to strengthen your immune system.



GET PLENTY OF REST

to keep your immune system strong.

Join the **FLU FIGHT**!

THE
University of Vermont
HEALTH NETWORK