



# Healthy Tidbits

*Here's to your good health!*



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## Actions To Take This Flu Season

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### 1. Get your flu shot

The best way to prevent the flu is with a flu vaccine.

### 2. Vaccination is especially important

for people 65 years and older because they are at increased risk for complications from flu.

### 3. Take everyday preventive actions

including covering coughs, washing hands often, and avoiding people who are sick.



For more detailed information go to:

<http://www.cdc.gov/flu/about/disease/65over.htm>