

Get your flu vaccine once a year, every year. Flu season is coming and Public Health Solutions is here to make sure the flue doesn't rule!

All of us play a role in stopping the spread of germs that cause the flu. We can all do the following to help stop the flu:

Get your yearly flu vaccine - participate in SKIP Flu Clinics at school

Wash your hands often

When you cough, cough into your elbow or tissue

Stay home if you are sick



**Public Health**  
*Solutions*

Contact us: 402-826-3880

**THE FLU  
ENDS WITH**



[www.flu.gov](http://www.flu.gov)