

REMINDER TO BE PROACTIVE ABOUT PREVENTION...

Even though little children are the main spreaders and carriers of the flu, adults are not part of the **SOLUTION**; they are part of the **PROBLEM!** Everywhere you look, you see adults coughing into their hands, which is the worst thing we can do.

We all want to be **PROACTIVE** when it comes to preventing colds and flu. There is no better way than to start **COUGHING INTO YOUR ELBOW, NEVER INTO YOUR HANDS.**

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