



Fight the Flu Bug

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes.

In a nutshell you can “**Fight the Flu Bug**” if you take care to:

- **Cover your mouth and nose when you cough or sneeze**
- **Clean your hands often**
- **Remind your children to practice healthy habits also**



**American
Red Cross**

Calhoun County Chapter