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H1N1 flu, also known as swine flu, is poised for a comeback this fall and winter. Regular seasonal flu is also a concern.

Fight the spread of flu viruses by covering your coughs and sneezes, and stay home if you have a fever.

To avoid picking up flu viruses, wash your hands frequently. You can also pre-empt the flu by getting vaccinated.

FIGHT
THE FLU

For more information, contact your local public health department or visit www.FightTheFluMO.com