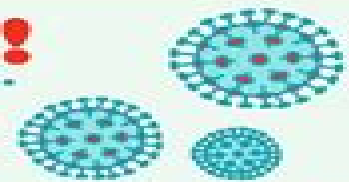


It's Flu Season!

Don't give the flu a chance
to infect you!



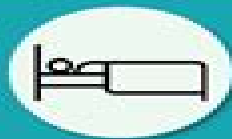
Flu season starts in October and peaks in February. Influenza (flu) is a contagious, airborne transmitted, respiratory virus that infects the nose, throat, and lungs. It can cause mild to severe illness, pneumonia, and though rare, can lead to death. Symptoms may last over two weeks and can include:



Fever / chills



Body aches



Fatigue



Headache



Congestion



Cough



Breathing issues



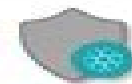
Sore throat



Vomiting / Diarrhea



Preventing The Flu



Get Vaccinated

Getting the annual Flu vaccine is the first and most important step in protecting yourself and others from the flu.



Practice Good Hygiene

Wash your hands often with soap and water. Carry and use hand sanitizer. Avoid touching your eyes, nose and mouth.



Decontaminate

Use appropriate products to clean and disinfect frequently used surfaces and objects that may be contaminated with the flu and other germs.

The Flu Season

Brendan G. Carr



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Table of Contents The Flu Season

1. Understanding the eBook The Flu Season
 - The Rise of Digital Reading The Flu Season
 - Advantages of eBooks Over Traditional Books
2. Identifying The Flu Season
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Flu Season
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Flu Season
 - Personalized Recommendations
 - The Flu Season User Reviews and Ratings
 - The Flu Season and Bestseller Lists
5. Accessing The Flu Season Free and Paid eBooks

- The Flu Season Public Domain eBooks
- The Flu Season eBook Subscription Services
- The Flu Season Budget-Friendly Options
- 6. Navigating The Flu Season eBook Formats
 - ePub, PDF, MOBI, and More
 - The Flu Season Compatibility with Devices
 - The Flu Season Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Flu Season
 - Highlighting and Note-Taking The Flu Season
 - Interactive Elements The Flu Season
- 8. Staying Engaged with The Flu Season
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Flu Season
- 9. Balancing eBooks and Physical Books The Flu Season
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Flu Season
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine The Flu Season
 - Setting Reading Goals The Flu Season
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of The Flu Season
 - Fact-Checking eBook Content of The Flu Season
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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