


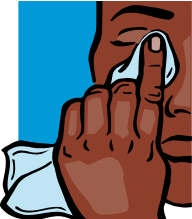







FLU PREVENTION

It's important to take precautions to prevent the flu this season.



Ask your doctor about getting a flu shot. The flu and diabetes are a dangerous combination.

Here are some things you can do at home and work to protect yourself and your family from the flu:

<p>Wash your hands frequently. Use warm, soapy water. Make sure you scrub all surfaces for at least 15 seconds.</p> 	 <p>Avoid touching your eyes, nose, or mouth.</p>	<p>Drink plenty of fluids, like water, low-fat milk, and natural juice!</p> 
 <p>Eat healthy balanced meals and snacks, and don't forget to monitor your blood sugar.</p>	 <p>Exercise regularly with advice from your doctor.</p>	 <p>Get plenty of sleep.</p>
 <p>Manage the stress in your life.</p>	<p>If you get the flu....</p>  <p>stay home if possible, get plenty of rest, and check in with your doctor.</p>	 <p>Cover your mouth and nose when you sneeze or cough.</p>



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