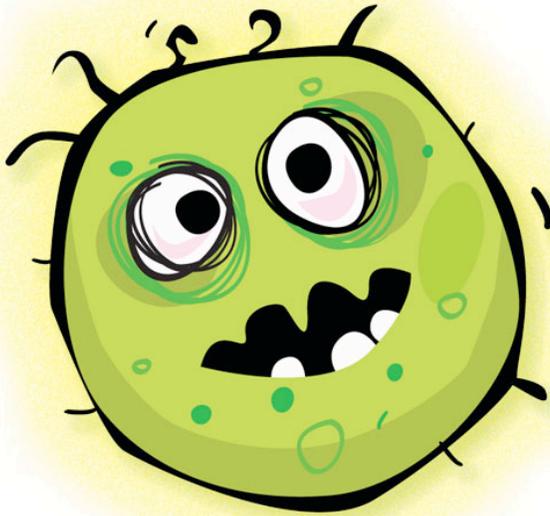


You are receiving this email because you are an FOH employee or an FOH agency point of contact. We also want our clients to receive this message. We appreciate your help getting the word out. Visit the Flu Season toolkit at <http://www.foh.hhs.gov/dbdmarketing/flu.html> to download flyers, posters, and other marketing materials and resources. Please delete this opening paragraph and forward this email to FOH end-users. Thank you!

SPREAD THE WORD, NOT THE BUG!



GET YOUR FREE FLU SHOT TODAY



WHAT'S YOUR FLU IQ? TAKE THE QUIZ:
www.FOH.hhs.gov/FLU



Think you already know all there is to know about the flu season? Prove it – visit <http://www.FOH.hhs.gov/flu> to test your flu IQ and get the latest information on the 2012-2013 flu season. You can also take part in a one-question poll and see how others are answering the same question.

Plan to stop by your FOH Health Unit for a **FREE flu vaccine** today and you can be part of the fight to stop the flu bug in its tracks. One quick visit and you and your loved ones will be shielded from the most likely strains of the flu virus for this year.

According to the Center for Disease Control and Prevention (CDC), vaccination for the virus is the best protection against getting the flu. So, why not protect yourself this month? Plus, getting a flu shot is not only for you, it also protects your loved ones, especially if you provide care or live with someone who may be vulnerable to complications from the flu virus.

So spread the word, not the bug!