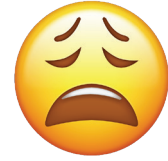


STATION ALERT

Seasonal Flu, One More Thing to Worry About!



OCTOBER THRU MAY IS FLU SEASON

The Center For Disease Control (CDC) has predicted thousands of deaths.

We must reduce any, and all aspects of risk that may cause sickness and death.

Wear your masks on the job, and anywhere in public.

Anyone experiencing problems can call our Command Center or any rep.

Go to this page on the TWU website for a list of job site locations where MTA employees can get free flu shots.

<http://www.twulocal100.org/sites/twu-local100.org/files/influenza.pdf>



Lynwood Whichard, Vice President
Robert Kelley, Division Chair

TAKE 3 ACTIONS TO FIGHT FLU

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).

ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

WWW.CDC.GOV/FLU #FIGHT FLU