

Employee Wellness
November Wellness Challenge...Flu Prevention

**The following two items must be done by November 23
in order to qualify for the drawing.**

1. Remember proper hand washing is the key to stopping the spread of all viruses including seasonal flu and H1N1. **View the video (3minutes, 38 seconds) from the Centers for Disease Control on the link below:**

<http://www.cdc.gov/CDCTV/HandsTogether/index.html>

2. **If you have not yet gotten a seasonal flu vaccine, get one.** While the demand is higher this year and it may be more difficult to find vaccine, please continue to check with your primary care provider, community clinics, and local stores. Please check the below web site for flu shot locations:

<http://www.flu.gov/individualfamily/vaccination/locator.html>

If you have met the above challenge, complete below, and mail by November 25 to:
Employee Wellness, Pulaski Park, Suite 219

Random winners will be selected to win a healthy prize.

Printed name: _____

I met the "Flu Prevention" challenge and completed the above. Initial: _____

Work location: _____

Interoffice mailing information: _____

Comments: _____