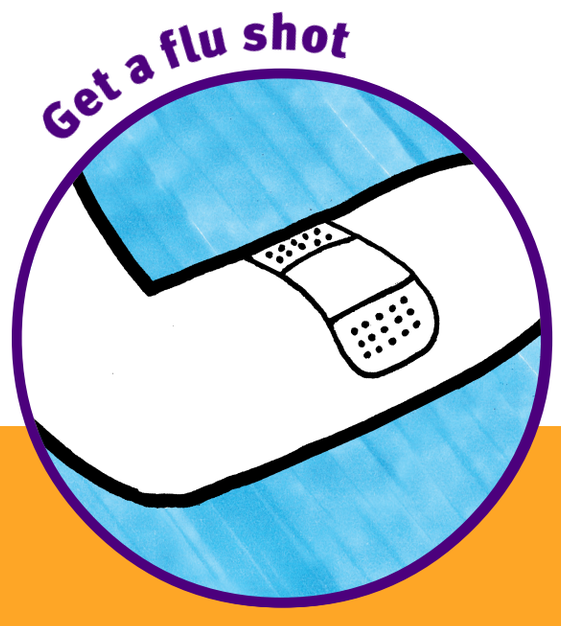
While the grasshopper played all summer long, the ant worked hard preparing for winter.

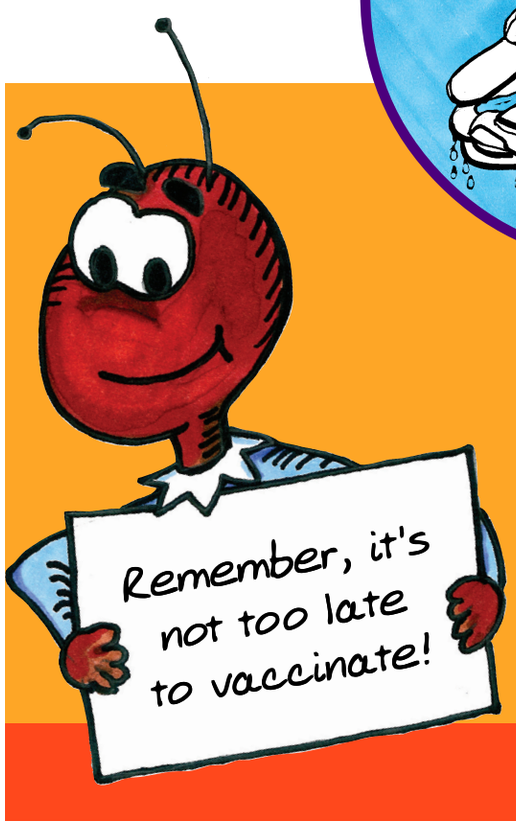
— Adapted from "The Ant and the Grasshopper," *Aesop's Fables*

Are you a grasshopper or an ant?

There is still time to protect against the flu.

Be like the ant — and be prepared. Follow these easy steps to avoid getting — or spreading — the flu this season:





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For more information on how to protect against influenza, visit www.vdh.virginia.gov/flu.