**While the grasshopper played, the ant got ready for winter.**

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

# Are you a grasshopper or an ant?

## Be like the ant. Be prepared.

### Follow these steps so you do not get the flu or spread it to others:

VDH VIRGINIA DEPARTMENT OF HEALTH
*Protecting You and Your Environment*
www.vdh.virginia.gov

www.vdh.virginia.gov/flu