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

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