



Beat the Flu Before it Beats You

We know you've got a lot going on this time of year. The last thing you need is the flu to prevent you from getting your work done.

Locate the article *Beat the Flu Before it Beats You* on *Health Connected's Health Library** today to learn ways to prevent the flu – and beat it before it beats you! The article includes sections on:

- How to identify potential flu zones;
- The best way to defend yourself from the flu; and
- What symptoms to be on the lookout for.