

Protecting you through better health and awareness messaging

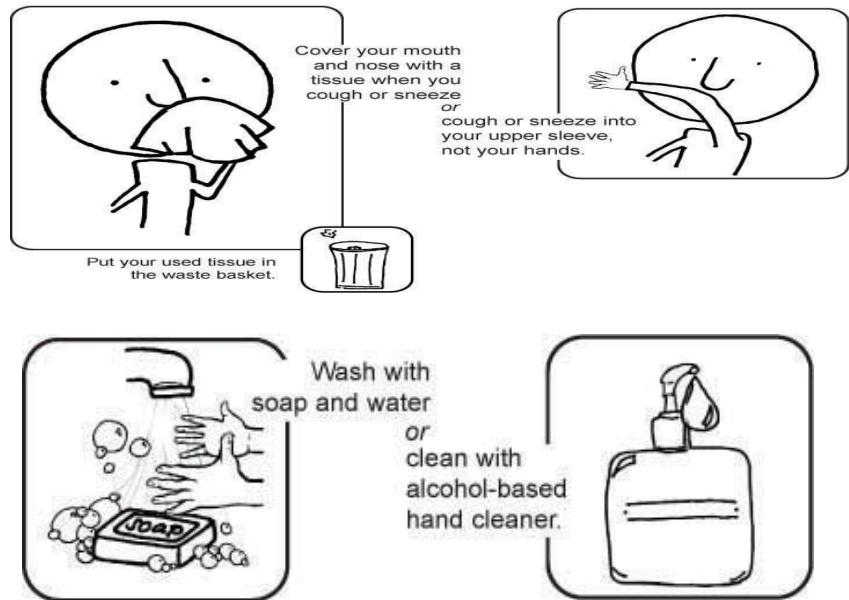


**First Trust
Credit Union**

*Rooted in Trust,
Growing in Your
Community*

**WE ALL PLAY AN
IMPORTANT ROLE IN
PROTECTING
OURSELVES, OUR
FAMILIES AND OUR
COMMUNITIES!**

For more information
on pandemic influenza,
visit
www.flu.info.IN.gov



8 ways you can stay healthy during cold & flu season!

- Maintain a healthy lifestyle
- Wash your hands frequently
- Avoid touching your nose, mouth and eyes
- Cover your coughs and sneezes with a tissue
- Keep frequently touched common surfaces clean
- Don't spread the flu!! If you are sick with flu like illness stay home
- Get vaccinated against seasonal flu
- Contact your local health department for information on when flu shots are available in your area