



NEW YORK STATE SENATOR

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## Important Information on Seasonal Flu

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We are in the midst of the winter months and many people are experiencing flu-like symptoms even though some may have had the flu shot. Here is some information you may find helpful if you are either experiencing symptoms or to help avoid the flu:

<http://www.health.ny.gov/diseases/communicable/influenza/seasonal/>

<http://www.cdc.gov/flu/index.htm>

<http://www.cdc.gov/flu/protect/keyfacts.htm>

<http://www.flu.gov/#>

[http://www.webmd.com/cold-and-flu/flu-guide/cold\\_flu\\_stopping\\_germs\\_work?page=1](http://www.webmd.com/cold-and-flu/flu-guide/cold_flu_stopping_germs_work?page=1)