

Dear [Recipient's Name],

As we enter the flu season, it's important to take proactive steps to protect yourself and those around you. Below are some helpful tips to prevent the spread of the flu:

- Get vaccinated - The flu vaccine is the best way to prevent influenza.
- Practice good hygiene - Wash your hands frequently with soap and water.
- Avoid close contact - Stay away from sick individuals and avoid sharing personal items.
- Cover your mouth and nose - Use a tissue or your elbow when coughing or sneezing.
- Stay home when sick - If you feel unwell, please do not go to work or school.

Please remember to prioritize your health and the health of those around you. For more information, visit [insert relevant website or resource].

Sincerely,
[Your Name]
[Your Title/Organization]