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Tips to Avoid Flu

(KLZA) The number of flu cases is expected to increase over the next few days as so many people were in close contact with others during the Christmas holiday.

With plenty of New Years Eve gatherings planned, epidemiologist Patty Quinlisk suggests even more people will be getting sick unless they practice good prevention techniques. (play audio :24 seconds)

Quinlisk says if you're sick, stay home from New Year's Eve parties so you don't spread the bug to friends and relatives. (play audio :13 seconds)

Getting a flu shot and practicing good hygiene is a good way to protect yourself from the flu. (play audio :24 seconds)

Flu season is expected to peak for about a month so Quinlisk says it's still not too late for a flu shot.

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