

## Did you know the difference between the cold & the flu?



Please answer the following questions and return to <insert location>.

1. Was the program delivered in a manner that made it fun and engaging?
2. Did the program provide you with more information on the topic of 'Cold & Flu'?
3. Do you better appreciate the importance of preventing colds and flus?
4. Are you more likely to ask your healthcare provider if you need a flu vaccine?
5. Can you see yourself using the practical tips provided to decrease your risk of contracting a virus?
6. Do you feel encouraged to adopt better work-place habits to prevent the spread of germs?
7. Are you more aware of effective measures to recover faster from colds and flus?
8. Do you now feel empowered with health education to make informed decisions about your health and well-being?

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