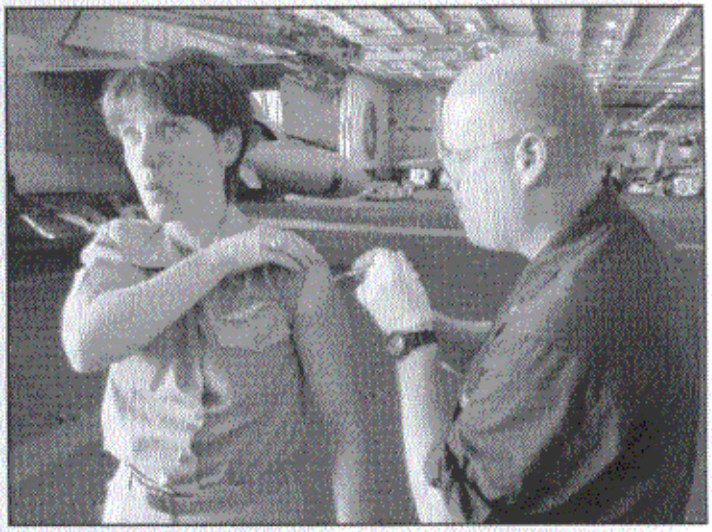
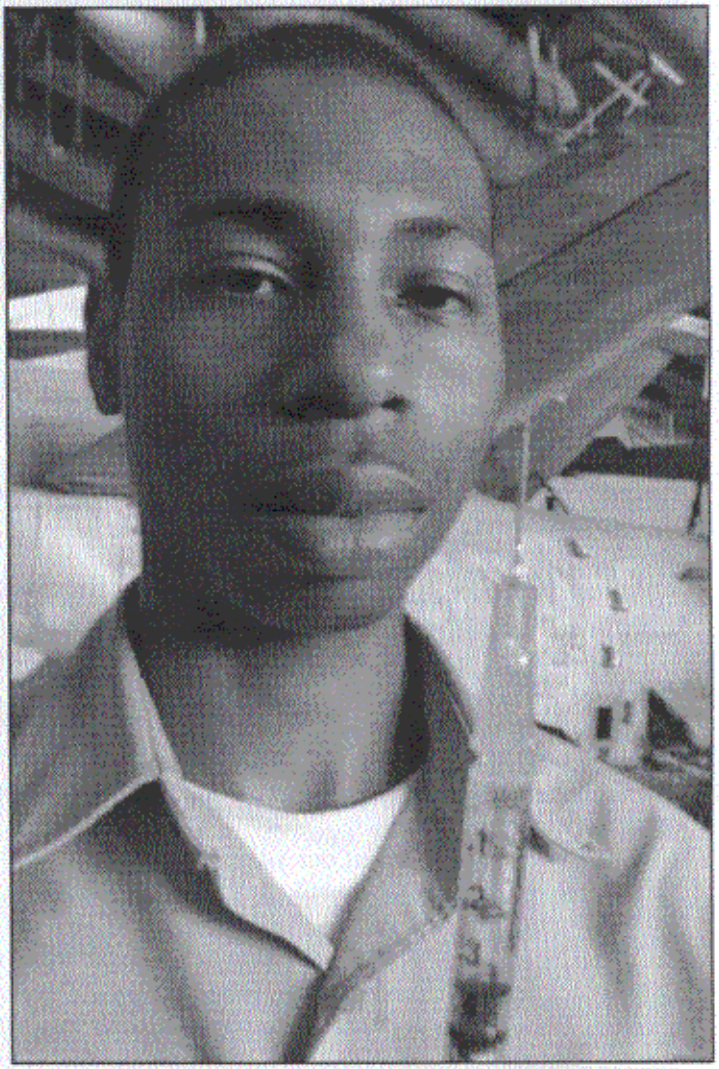
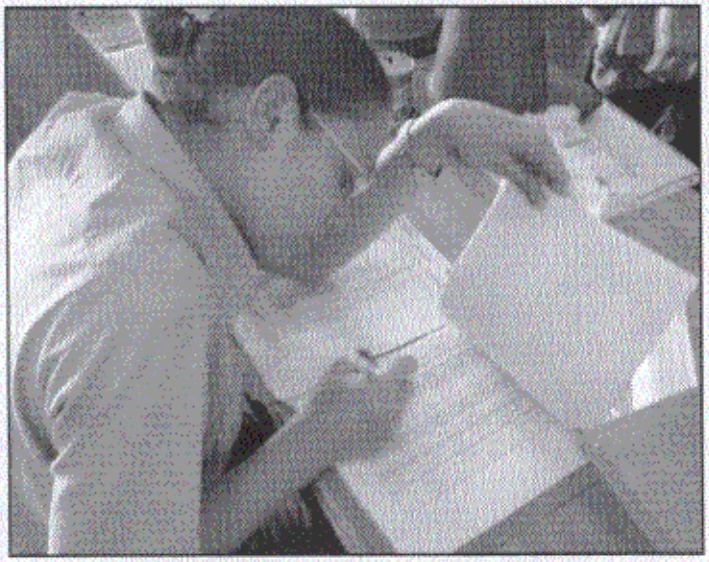


with the Super Bowl. We saw a great increase in customers during halftime. Hopefully we'll get them all taken care of. We got 2,600 doses so we should have enough. No one will get off the ship without a green sticker, which indicates that they got the shot. People think they will catch the flu by getting the shot and that's not true. The body reacts to the virus, and kills it," said Medical Department's HM2 Neal Schroeder.

Taking care of your well being now may help alleviate health problems in the short and long run. "It's very important to stay hydrated. There are some very hot spaces on the ship. A lot of things we see people for in sick call can be fixed or minimized by proper hydration, like constipation, headaches, dizziness. All of those things can be signs of dehydration. Minimize salt intake and the amount of caffeine you consume," added Schroeder.