

# Transportation

Wanted To Buy - Vehicles

**CASH**  
Top \$\$\$ Paid  
CARS & TRUCKS  
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**Top Cash \$\$**  
\$100 to \$10,000  
We Buy  
Junk Cars  
or Cars in  
Good Condition  
lost title ok  
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**METROPOLITAN SALVAGE**  
WE BUY CARS  
ANY CONDITION  
Top Cash Paid  
FREE Towing  
No Title OK  
Fast Service  
30 Min. - 1 Hr. Se Habla Español  
Marco: 24/7 Service  
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**B & G**  
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24/7 Service WE BUY CARS  
ANY CONDITION  
Top Cash For Late Models!  
No Title Ok  
In Most Cases  
FAST SERVICE 30 Min - 1 Hr.  
FREE TOWING AVAILABLE  
John  
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**CASH!!!**  
Top Paid for Cars, Trucks!  
With or Without Title - No Problem  
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832.665.3170

HOUSTON GENERAL TOWING  
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**TOP DOLLAR**  
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FAST SERVICE  
30 MINS TO 1 HOUR  
TOP CASH PAID!  
ANY YEAR, MAKE,  
OR MODEL

**HOUSTON AUTO RECYCLING**  
• TOP CASH!  
• MORE CASH  
FOR LATE MODELS!  
FAST SERVICE  
30 MINUTES TO AN HOUR  
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**C & P**  
Junk Cars  
TOP CASH PAID  
FOR CARS!!  
We Buy Cars \$100-\$5000  
Any Condition • Lost Title, No Problem  
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with Title  
Call Now!!  
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• ANY CONDITION  
• LOST TITLE OK  
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TOP CASH  
PAID TODAY!  
Any Car/Any Condition  
No Title OK!  
Se Habla Espanol  
832-330-0271

TEXMEX TOWING  
FAST CASH  
NOW  
No Title, No Keys  
No Problem  
Any Condition,  
Junk Or Running  
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WILL BEAT ANY OFFER!!!  
FREE SAME DAY TOWING  
(Within 30-45 Minutes)  
24/7 Hours Service - Call Us  
Anytime, Anywhere  
832.298-3934  
Se Habla Español

**DD BUY JUNK CARS TRUCKS & VANS**  
Call now, We Come to You  
WE PAY TOP CASH  
With Title, We Pay More  
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No title, No problem\*\*  
\*\*depend on the year  
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FREE TOWING FAST SERVICE \$2,000  
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www.Facebook.com/ddjunkcars

*Houston*  
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Free Towing  
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CASH FOR cars, running or not.  
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**WE BUY** junk cars.  
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condition, with or  
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Top Cash on the SPOT!  
No Title, No Problem  
With or Without Tires  
1 hr Service & Free Towing  
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**TOP \$\$\$ Cars & Trucks**  
832.420.4769

**I Buy Junk**  
Cars • Trucks • SUV's  
No Title,  
No Problem  
We Pay Cash  
Free Pick Up  
Denis 713.371.7181

**OLIVERS JUNK CARS**  
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With or Without Titles - 7 Days A Week  
Free Pickup • Se Habla Español  
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**WE BUY CARS & TRUCKS**  
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**We Buy JUNK Cars**  
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**Fast Easy Cash for Cars**  
TOP CASH \$\$\$  
Running Or Not  
With Title or No Title  
Any Make or Model  
FREE TOWING  
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# Health Awareness

## What To Do About The Flu



If you develop the nasal congestion, aches and fever of the flu, get a doctor's advice right away.

(NAPS)—It's the peak of flu season, and while fortunately we are not experiencing the epidemic of last year, millions are still suffering from the flu this year. Although common, the flu can be serious and even lead to hospitalization or death. In fact, the Centers for Disease Control and Prevention estimates that in the last seven years the flu has been responsible for more than 700,000 hospitalizations and more than 55,000 deaths across the United States. Early identification of systems and subsequent treatment is key to making sure you limit the flu's severity. For those with pre-existing conditions like asthma, and especially for young children and the elderly, knowing the difference between a cold and the flu is very important. Even if you've had the flu vaccination this year, it's still possible to catch the flu and pass it on to others.

**Doctor's Advice**  
"Every year we find that patients have a tendency to underestimate the flu and forget what a serious health risk it presents, particularly for the very young and for seniors, but really for anyone when it is left unaddressed," explained Jason Tibbels, M.D., board-certified family physician and vice president of Health Services at Teladoc, the leader in virtual care. "Without proper care, the flu can be life threatening, so it's vital to seek care as soon as you're experiencing any symptoms."

The risk of flu varies state by state, but is currently widespread across most of the U.S., even in states that tend to have warmer climates, such as Texas, California and Florida, for example.

**What To Watch For**  
So how do you know if you have the flu? Flu symptoms are often very similar to those of a cold and include nasal congestion, cough, aches and fatigue. Dr. Tibbels says the top four signs you may have the flu are:

1. **Quick onset.** The flu often

comes on suddenly, whereas cold symptoms can slowly worsen over a few days and are generally milder.

2. **Fever.** A moderate to high fever (at or above 101° F) and chills are associated with the flu and are not typical of the common cold.

3. **Aches and headaches.** Severe muscle or body aches are a telltale flu symptom.

4. **Known exposure.** Close contact with individuals known to have influenza can increase the chance of contracting the virus.

**What To Do If You Have The Flu**  
If you're experiencing flu symptoms, don't wait to seek care. Fortunately in today's era of virtual care, many have access to board-certified doctors from any location, using a phone, mobile app or the Web. This keeps you out of places such as the ER, which can be breeding grounds for illness, and enables children and adults to stay in the comfort of their home when sick. Because it's symptomatic, the flu is one of the best conditions to diagnose via virtual care, yet many people don't even realize they can access a telehealth solution through their health benefits.

"If you are feeling sick, the last place you want to be is sitting in a crowded waiting room, potentially being exposed to other illnesses," said Dr. Tibbels. "Visiting a Teladoc doctor is an effective way to get quality care, while also containing symptoms and stopping the spread of flu."

**Learn More**  
For further facts about Teladoc and about your flu risk, visit [www.Teladoc.com/flu](http://www.Teladoc.com/flu).

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