



## Get vaccinated

Influenza or “flu” can cause serious illness. Vaccination is the best way to protect yourself and your family.



## Cover your cough or sneeze

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.

# Fight the Flu



## Wash your hands

Wash your hands often with soap and water or use alcohol-based hand cleaner.

It starts with YOU



## Stay home if you are sick

Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.



## Avoid touching your eyes, nose, and mouth

If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.