



## Get Vaccinated

against the flu – it's your best protection from flu and its complications.



## Wash Hands

often with soap and warm water or use an alcohol-based hand sanitizer.



## Cover Mouth and Nose

with a tissue or your sleeve – never use your hand.



## Don't Touch

your face – keep your hands away from your mouth, nose, and eyes.



## Clean Surfaces

like phones, doorknobs, remotes, light switches, and countertops often.



## Stay Home

from work or school if you get sick to prevent spreading the flu to others.

# Stopping the Flu Starts with YOU