



Get Vaccinated

Influenza or “flu” can cause serious illness. Vaccination is the best way to protect yourself and your family. Get a seasonal flu shot and ask your provider if you need other immunizations.

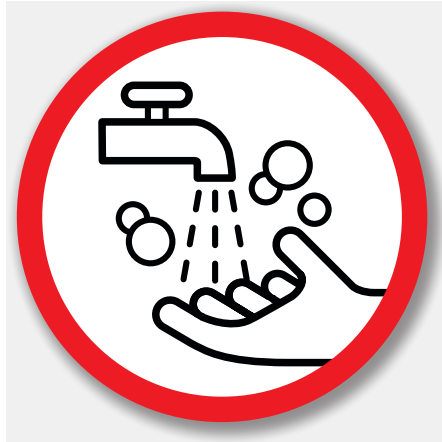


Cover your cough or sneeze

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

It starts with you



Wash Your hands

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



Avoid touching your eyes, nose, and mouth

Viruses live a long time. If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth



Stay home if you are sick

Flu viruses go wherever you go when you are infected. Stay at home until you have been without fever for 24 hours and check with your healthcare provider when needed.