

# FLU & YOU

Protect yourself, your family and your friends...  
Get a Flu Shot & Practice the  
Healthy Habits below.

## Cover your mouth and nose.

- Cover your mouth and nose when you cough or sneeze with a tissue or cough into your sleeve.
- Throw the tissue away after use.

## Wash your hands.

- Wash your hands often and thoroughly with soap and warm water for at least 20 seconds (the time it takes to sing the “Happy Birthday” song twice) or use an alcohol-based sanitizer.

## Clean common surfaces.

- Use bleach or a disinfectant to clean and sanitize common surfaces.

## Keep your distance.

- Avoid close contact with people who are sick.
- Stay home when you are sick.

## Call your healthcare provider if you are experiencing flu-like symptoms:

- fever over 100°
- tiredness
- lack of appetite
- coughing or sneezing

