



Help Prevent the Spread Of The Flu



Stay Away

Avoid close contact with people who are sick.



Avoid Touching Your Eyes, Nose and Mouth

with unwashed hands.



Get A Flu Shot

The CDC recommends a yearly flu vaccine to help protect against flu viruses.



Clean and Disinfect

frequently touched objects and surfaces such as cell phones, keyboards and doorknobs.



Wash Your Hands Often With Soap and Water

for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.



Cover Your Cough Or Sneeze With A Tissue

then throw the tissue in the trash. Follow with hand washing or sanitizing. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Visit www.cdc.gov/flu for more information.

