

Let's be well

Fight the flu

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits can also help stop the spread of germs and prevent the flu.

Follow these everyday tips:

- **Avoid close contact** with people who are sick. Keep your distance from others when you are sick, too. That means no work, school or running errands if you aren't feeling well.
- **Cover your mouth and nose** with a tissue when coughing or sneezing. The flu is spread by cough, sneezing, or unclean hands.
- **Clean your hands.** And do it often. If soap and water are not available, use an alcohol-based hand rub.
- **Don't touch** your eyes, nose and mouth. Germs spread this way.
- **Clean and disinfect** surfaces and objects that may be contaminated with germs.

Did you know?

- Everyone six months of age and older should get a flu vaccine every year before flu season begins.
- Flu vaccination significantly reduces a child's risk of dying from the illness.
- Even if you get sick after vaccination, your illness may be milder.
- When you have the flu, you should stay home for at least 24 hours after your fever is gone
- Young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older are at high risk of serious flu complications — and should get vaccinated.
- It's not too late! Even though CDC recommends getting vaccinated by the end of October, you can still get a shot to reduce your risk of getting the flu today.

For more information visit:
cdc.gov/FightFlu