



## Get vaccinated

Influenza or “flu” can cause serious illness. Vaccination is the best way to protect yourself and your family.



## Cover your cough or sneeze

Cover your mouth and your nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.



## 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.

If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, and mouth.



## Stay home if you're sick

Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.



# Fight the Flu

It starts  
with you



For more information, call:

**CO HELP**  
1-877-462-2911