

Don't want the flu?

Here's what you can do.



1

Get a flu vaccine.

Everyone 6 months and older needs a flu vaccine every year. The flu is a serious disease that can kill, and you cannot get the flu from the flu vaccine.



2

Take flu symptoms seriously and get tested.

If the test is positive, your provider may prescribe medicine that can lessen flu symptoms and decrease the spread of flu.



3

Stay home if you don't feel well.

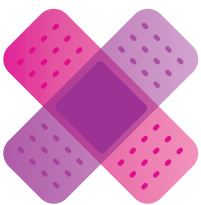
The only exception is to go to the doctor or pharmacy.



4

Wash hands often.

Use soap and water for twenty seconds, or a good alternative is to use hand sanitizer.



5

Make sure to stay up to date on ALL vaccines.

Scan for more info



To learn more, visit
www.familiesfightingflu.org.



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