

FLU PREVENTION TIPS

GET VACCINATED Influenza is the only respiratory virus preventable by vaccination.

KEEP HANDS CLEAN
Wash hands with soap and water or use hand sanitizer often.

STAY HOME If you become ill, stay at home and avoid contact with others until your fever is gone for 24 hours without using fever-reducing medicine.

COVER YOUR MOUTH AND NOSE
Always cover your mouth and nose when you cough or sneeze. Throw the tissue away after use and clean your hands.

Up to
20%
of the U.S.
will get the flu.

EXERCISE It boosts your immune system and speeds recovery from illness.

DON'T TOUCH YOUR FACE
This is the easiest way for germs to get into your body.

EAT HEALTHY Eating healthy, balanced meals can strengthen your immune system.

SMILE Studies show that smiling can help boost your immune system.

GET YOUR FLU SHOT

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