Get Vaccinated
against the flu – it's your best protection from flu and its complications.

Wash Hands
often with soap and warm water or use an alcohol-based hand sanitizer.

Cover Mouth and Nose
with a tissue or your sleeve – never use your hand.

Don’t Touch
your face – keep your hands away from your mouth, nose, and eyes.

Clean Surfaces
like phones, doorknobs, remotes, light switches, and countertops often.

Stay Home
from work or school if you get sick to prevent spreading the flu to others.

www.flufreepa.com

Stopping the Flu Starts with YOU