

# Stopping the Flu Starts with YOU

## Tips to Prevent Spreading the Flu



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



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



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



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



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



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