Stopping the Flu Starts with YOU

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

pennsylvania
DEPARTMENT OF HEALTH