STAY HEALTHY THIS FLU SEASON!

Fight the flu by following these simple steps to protect yourself and others from the spread of germs.

- Get vaccinated against the flu—it’s your best protection from flu and its complications.
- Wash your hands often with soap and warm water or use an alcohol-based hand sanitizer.
- Cover your 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, light switches, remotes and countertops often.
- Stay home from work or school if you get sick to prevent spreading the flu to others.

health.pa.gov/flu