

Flu and You

6 ways to protect your health and the health of others.



1. Get a flu shot.

It's the single best way to protect against the flu.



2. Do the arm cough.

Cough or sneeze into your arm or use a tissue. Throw out the tissue after you use it and wash your hands.



3. Wash hands often.

Use soap and warm water or an alcohol-based hand rub.



4. Don't touch your eyes, nose or mouth.

That's how germs spread.



5. Avoid crowds.

Germs spread easily in crowds.



6. Stay home.

If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone. This means until your fever is gone without using fever-reducing medicine.