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.

   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.