THINK THE FLU CAN’T AFFECT YOU?

Influenza doesn’t care who you are or where you’re from—no matter your background, the flu can affect your life. But influenza is a preventable illness—all it takes to curb your chances of catching it is an annual flu vaccination.

HOW ELSE CAN YOU PREVENT THE FLU?

KEEP YOUR DISTANCE
Know someone who’s sick? Keep away until they’ve recovered! Employ the six-foot rule whenever possible.

STAY HOME
If you’re experiencing symptoms such as fever, coughing, sneezing or fatigue, stay home from work, school or activities as much as you’re able.

COVER YOUR FACE
Influenza spreads more easily through coughing and sneezing, so be sure to cover your mouth and nose with the inside of your elbow.

WASH YOUR HANDS
Influenza can spread through unclean surfaces, so keep those hands clean by washing frequently with soap and warm water or an alcohol-based hand sanitizer.

AVOID TOUCHING YOUR FACE
In case your hands have come into contact with a contaminated surface, be sure to avoid touching your eyes, nose or mouth unless you’ve thoroughly cleaned them!

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