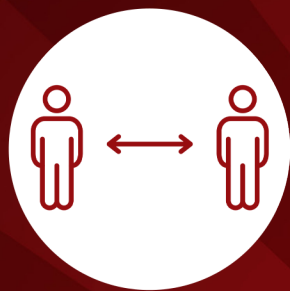


# THINK THE FLU CAN'T AFFECT YOU?

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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