

# No Flu for You!



It's flu season. You don't want to catch the flu.  
Follow these tips to help keep from getting sick during flu season:

## 1. Wash your hands.



Wash your hands many times during the day, especially before eating, after using a tissue and after using the restroom. Use warm water and soap and turn off the water with a paper towel. You may also use alcohol hand rubs.

## 2. Cough and sneeze in your sleeve.



Don't sneeze in your hand—cough and sneeze into your sleeve. This helps keep your hands clean so you don't spread the flu. And remember to wash your hands, too.

## 3. Get vaccinated.



Getting the flu vaccine every year helps keep you, your family and your friends safe from the flu. It's not too late to get one this year.

## 4. Stay home if you are sick.



If you have a fever, cough, runny nose and other signs of the flu, stay home. If you go to school or work when you are sick, you will be helping to spread the flu. Stop the flu by staying home.

Getting plenty of sleep and exercise and eating well help, too.  
Follow these tips to help keep you well this flu season.

