

# FIGHT THE FLU

**1**

## GET A YEARLY FLU SHOT

It can prevent illness and make symptoms less severe.

**2**

## WASH YOUR HANDS

Washing with soap and water easily kills flu viruses.

**3**

## SNEEZE AND COUGH INTO YOUR ELBOW

Help prevent spreading the flu to those around you if you're ill.

**4**

## STAY HOME IF YOU FEEL ILL

Common flu symptoms are fever, chills, cough, a sore throat, a runny nose, body aches, and fatigue.



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