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.

LORD FAIRFAX HEALTH DISTRICT

VDH VIRGINIA DEPARTMENT OF HEALTH

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