

# 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

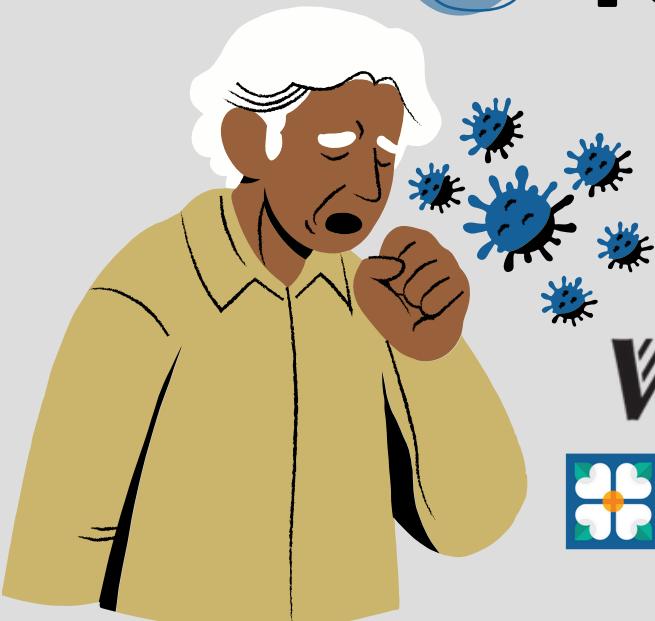
## SNEEZE AND COUGH INTO YOUR ELBOW

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.



SCAN TO LEARN MORE

**VDH** VIRGINIA DEPARTMENT OF HEALTH  
 **Lord Fairfax**  
Health District

