

FIGHT THE FLU

1 GET A YEARLY FLU SHOT

It can prevent illness and make symptoms less severe.

2 WASH YOUR HANDS

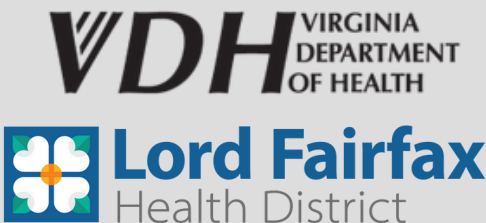
Washing with soap and water easily kills flu viruses.

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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